

# The GO



*A Quarterly Catalog of Programs & Resources for Adults 55+ in Longmont*

## Registration:

Registration for classes, special events, computers & technology, sports, and events begins on **August 17**. PLEASE REGISTER IN ADVANCE FOR ALL CLASSES, PROGRAMS AND SPECIAL EVENTS.

## Trip Registration:

Trip Registration begins with lottery style on **August 21, 3:00 - 5:00 p.m.**

You may also register after this date at our front desk or over the phone.

## Get Acquainted

**Date: October 1**

**Time: 9:00 a.m.**

**Cost: FREE, please register in advance by calling 303-651-8411**

Get acquainted with others who are new to the Senior Center, new to the area, or interested in making some new connections with others. Join us to learn about various opportunities and resources. Facilitated by Senior Services staff members.

***The Winter 2015 GO will be available November 5, 2015.***



*Written and published by the Division of Senior Services, City of Longmont.*

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**Phone: 303-651-8411 | Fax: 303-651-8413 | [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)**

**Regular Operating Hours: 8:00 a.m. – 5:00 p.m., Monday – Friday**

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**Get the GO Electronically –**

If you want an electronic copy emailed to you, be sure and sign up at the front desk with your email address!

*Senior Services is a Division of the City's Community Services Department*

**LONGMONT  
SENIOR SERVICES**  
A Division of Community Services

*Our Mission*

To build and foster opportunities which promote dignity, wellness, independence, enjoyment, community, and a sense of purpose for older adults.

*Our Vision Statement*

Longmont - a community in which we all age well.

*2015 Senior Citizens Advisory Board*

Jack Belchinsky, Wilma Cocannouer, Maureen Denig, Sue Heinritz, Juana Mendoza, Daryl Nielsen, Sean O'Halloran, and Emily Sciortino have been appointed for 2015. Polly Christensen is our City Council Liaison

This City Council-appointed board meets the first Wednesday of each month from 10:00 a.m. to noon at the Longmont Senior Center. Guests are always welcome. For information, call Michele at 303-651-8415.

*Table of Contents*

Community Events .....	51
Computers and Technology .....	10
Drop-in Activities .....	5
Exercise .....	35
Friends of the Longmont Senior Center .....	2
Get Acquainted .....	Front Cover
Health/Wellness .....	32
Lifelong Learning .....	10
Ongoing Clubs/Groups .....	5

Policies & Registration Information .....	4
Resource Education .....	26
Senior Center Information .....	Inside Cover
Special Events .....	9
Sports & Outdoor Activities .....	39
Telephone Resource Page .....	R7
Trips .....	41
Volunteer Opportunities .....	50



## Scholarship Programs – General Activity and Exercise

The Friends of the Longmont Senior Center, Inc., have set aside funds to assist low income seniors in participating in various activities organized by Senior Services. As long as funds are available, an individual may use up to \$150 a year towards Senior Services activities of his or her choice and up to \$150 per calendar year, specifically to assist participation in Senior Center exercise/wellness programs. Exercise/wellness activities may include: Aerobic Fitness, Feldenkrais, Line Dance, Pilates, Wu Tai Chi, Tai Chi, and Yoga. Cancellations are not refunded back to the person's scholarship account. Persons with a total annual income (from all sources) of \$20,000 or less for a single person and \$30,000 or less for a couple can qualify for scholarships. Call the front office at 303-651-8411 to apply.



## Gift Certificates

Gift certificates are available at the Senior Center. What a great way to show someone you are thinking of them! Tell your family about these as a gift suggestion. They are available in any amount and can be used for your choice of Senior Services organized classes, trips, or special events. Call Ana at 303-651-8411.

## Service Dogs

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Only dogs are recognized as service animals. Per Senior Center policy, only service dogs are allowed in the building.



**AgeWell at the Longmont Senior Center**  
is your "go to" resource on how to stay  
healthy. Stop by or call for information  
about Wellness and Health Services.

*See pages 32-34 for details.*

Office Hours:

Monday 9:00 a.m. – Noon and  
Tuesdays – Thursdays 9:00 a.m. to noon  
and 1:00 – 4:00 p.m.

Closed: Fridays

Telephone: 303-651-5080  
[www.luhcares.org](http://www.luhcares.org)



*Invites You to Lunch!*

**Monday - Friday, 11:30 a.m. - noon**

**Great meals are available weekdays  
at the Senior Center.**

Longmont Meals on Wheels prepares nutritious  
meals served in our Park View Café.

Call 303-772-0540  
for information on menus and meal costs.  
[www.longmontmeals.org](http://www.longmontmeals.org)





## From the Friends

**PO Box 313, Longmont, CO 80502 | [www.friendslongmont.org](http://www.friendslongmont.org)**

President, Randy Ahlberg; Vice President, Chuck Beehler; Treasurer, Nancy Beaudrot; Co-treasurer, Chris Caron; Secretary, Debbie Setlock; with Ron Cheyney, Diana Darby, Jane Cox, Roy Hunter, Sandi McCann, Euvaldo Valdez and Ruth Waukau.

*The Friends of the Longmont Senior Center, Inc. is a 501©3 non-profit organization registered with the State of Colorado. The Board meets the fourth Tuesday from 3:00 – 4:30 p.m. at the Senior Center. If you would like more information, please contact Michele at 303-651-8415.*

If you are reading this, you may already be aware of what an absolutely great Senior Center we have here in Longmont. Or, if you are new and curious, you are in for a wonderful adventure, exploring and participating in the programs and events. It is fall, and the Friends of the Longmont Senior Center, Inc. begin our Annual Campaign to raise funds for the Senior Center. While we are fortunate that the City provides significant financial support for programs, facility, and staff, it does not cover all of the activities and services. This annual letter campaign is the only active fundraiser the Friends conduct. It is an opportunity for all of our customers to become "Friends" by making a financial gift. The Friends have and do accept donations as part of planned giving and estate gifts; however, the annual campaign is a great way to support the Senior Center each year.

Watch for a program this fall presented by Erik Hozempa on ways to plan your giving to the Friends and support the Senior Center. Your gifts to the Friends, whether during this annual campaign, or anytime, support many programs and services including our scholarship program which ensures that all older adults in our community can participate. Scholarships are available for any program, and there is a special exercise scholarship as well. Friends support a wide variety of programs, including concerts, arts, and resource education, as well as many services. And also help those in need on a case by case, staff recommended basis.

Please plan to attend the Open House on September 26, from 10:00 a.m. to noon. The event is an opportunity to meet staff and volunteers and to find out more about programs and events and services at the Senior Center. And, on a very exciting note, the single largest gift to the Senior Center to date will be announced at 11:00 a.m. I hope you will be there to join in honoring this generous customer and friend of the Senior Center.

I look forward to seeing you at the Longmont Senior Center.

*Ruth Waukau*

## *Donations to the Friends:*

*Thank you to all our donors for their generous giving and support of the Senior Center.*

Rex & Sue Fuller  
Ruth Waukau  
Mabel Miyasaki  
Kiwanis Foundation  
Thursday Quilters

Fred & Delores Abrams  
Duane & Aurice Jensen  
Sugar Valley Estates  
Michael & Jane Cox  
Betty Williamson

### ***In Honor of***

Bailes de mi tierra



## *A Grand Thank You*

- To all of our Money Management Program volunteers and especially **Vince Micucci** and **Audrey Rowe**, and community partner **Jenny Lingle of Premier Members Credit Union**, winners of a 2015 Elder Abuse Awareness and Prevention Award, for helping keep seniors in Longmont safe through their caring and diligence.
- to our **Extended Travel Partner, Gold Key Travel**, and especially Karen Wood;
- to the sponsors of the weekly **Lunch Bunch**: Atria Senior Living for meals and meeting space; Home Care of the Rockies, Home Well Senior Care, and Boulder County CareConnect for providing facilitation;
- to Atria Senior Living and Sterling House for providing meals for our monthly **Caregiver Support Groups**; a special thanks to Meals On Wheels for their support in March.
- to our **Thursday Night Dance** sponsors: Adams Bank and Trust, Colorado Hearing Center, Life Care Center, Sunflower Bank, The Regent, The Peaks Care Center, Atria Longmont and The Friends of the Senior Center;
- to **Front Range Community College** for ongoing support of the Computer and Technology learning program;
- to **The Sunshine Club of Longmont** for their initiation and financial support of The Sunshine Senior Smiles Program offered in cooperation with the Friends of the Senior Center.
- to **Etirsa Gomez** and **Mental Health Partners** for providing support groups for women.
- To **Joe Busacca & Sandra Adams** for their work in the north patio gardens; and
- To **Jim Schmidt** for his beautiful work in refinishing the benches on the north patio.

PLEASE REGISTER IN ADVANCE FOR ALL CLASSES, PROGRAMS AND EVENTS. If there is an activity number, registration is required.

## Activity Registration

**Advanced Registration** - Activities, classes, trips, and events **require registration in advance**. You may register by stopping by the front desk or calling 303-651-8411, Monday through Friday, or you may sign up for most activities online at [www.longmontcolorado.gov](http://www.longmontcolorado.gov)

**Receipts** - Receipts contain additional information pertinent to your activity. Please review and retain for reference.

**Payment and Fees** - Full payment is required at the time of registration. Prices and fees are listed in The GO for each activity. The first price is for City residents (those receiving City trash pickup); the second price is for non-City residents.

**Registration Kick-off Dates** - Each quarter, specific registration kickoff dates are set.

**Trip Registration** - Registration for trips is handled in a lottery format for initial signup. Following that date, you may register at the front desk or over the phone, 303-651-8411. See the Trips section for more information about Trip Policies.

## Special Needs:

- We will do our best to accommodate your special needs. Please keep us informed as to how we might assist you. Please be specific with your need and write it on your registration form at the time you register for each activity or trip for which you will need accommodation.
- Hearing devices are available for activities. Inquire at the front desk.
- If you use a wheelchair or scooter on a trip, advance notice is necessary for us to better serve you. Please contact Saryna at 303-651-8442.
- No staff, leader, or escort supervision of individuals is provided. Companions may participate at customer's expense. See Saryna or Michele for more information.

### **Hearing Assistance Devices are available!**

Easy to use and non-intrusive devices, that may enhance your participation, are available for various programs and classes. Please inquire or request at the front desk prior to the activity.

## Registration Dates:

**Classes & Special Events begin Monday, August 17**

**Trip registration begins Friday, August 21, 3:00 - 5:00 p.m.** and is managed in a lottery style. You must be present to register. If you miss the lottery, you may register in person or by phone 303-651-8411, Monday through Friday at the Senior Center.

## Cancellations:

- The City reserves the right to cancel an activity if the minimum number of participants has not registered. Participants will be notified immediately.
- A full refund/credit will be given if Senior Services cancels the activity.
- A full refund/credit will be given if the cancellation is received three (3) or more business days prior to the activity (does not pertain to trip deadlines - they are listed with each trip).
- Cancellations made one (1) or two (2) days prior to the activity may or may not be eligible for a refund/credit. This is determined on a case-by-case basis.
- A refund/credit will not be issued if the cancellation is received the day the activity begins or after it has started. Trips are an exception and have a different policy.
- If an individual cancels an activity that was paid for by a scholarship, those funds will be forfeited.
- A credit must be used within 12 months of the issue date or it will expire.

## General Participation Information

- **Membership** - There is no membership fee to participate in activities or receive services from the Division of Senior Services.
- **Registration** - You may register for programs by stopping by the front desk or calling 303-651-8411, Monday through Friday. **PLEASE REGISTER IN ADVANCE FOR ALL PROGRAMS**
- **Online Registration** - You can register for many classes and special events online at: [www.longmontcolorado.gov](http://www.longmontcolorado.gov)
- **Age Requirements** - Adults 55+ are first priority, however, adults under 55 may participate in certain activities if space is available and or in certain circumstances. Requirements vary by activity. Contact the front desk for details.
- **Right to Privacy** - Information regarding participants shall not be provided to, or shared with, other individuals.
- **Supervision** - There is no staff, leader, or escort supervision of individuals provided. Activities are geared toward independent adults who are able to manage their own care, decision making, and safety.



# Drop-In Programs, Groups & Clubs



## Bailes de Mi Tierra

Dancers are wanted to join this Latino outreach activity though you do not need to be Latino to participate. The dancers practice and perform various dances and songs from Central and South America. If you are interested or want more information, call Julie Burrows at 303-772-0410.

## Billiards

50¢ donation suggested for play

### Monday through Friday

8:00 a.m. - 4:45 p.m.

### Wednesdays and Fridays

8:00 a.m. - 4:45 p.m. and from 9:00 a.m. to Noon  
*Women especially welcomed!*

**Thursday evenings:** 6:00 - 9:00 p.m.

## Bowling – for Seniors

### Tuesdays & Wednesdays at Centennial Lanes.

Practice begins at 12:45 p.m. and games begin at 1:00 p.m. The cost is \$9.00 for 3 games. This is come-as-you-can play. This is sponsored solely by Centennial Lanes.

## Bridge (Open)

### Mondays, 12:30 - 4:00 p.m.

Partners are not necessary. Individuals are rotated into games. New players are welcome. Call Dick or Dolores Gormley at 303-776-8203 for more information.

## City of Longmont Retirees

A group of retired City of Longmont employees meet regularly. Call Gussie Sowa at 303-776-2578 for meeting time and location.



## Coffee in the Café Monday - Friday Mornings

Coffee may be purchased through Meals on Wheels each day for 50¢ a bottomless cup.



## Cards

### Mondays, 12:30 - 4:00 p.m.

Leader: Marie. Mainly play Hand and Foot Canasta. Beginners and newcomers welcome.

### Wednesdays, 12:30 - 4:00 p.m.

Generally for established groups.

### Thursdays, 12:30 - 4:00 p.m.

Drop-In Cards. *Newcomers welcome.*

### Last Saturday of the Month, Noon - 4:00 p.m.

Saturday Potluck and Games. *Newcomers welcome.*

## Computers

Two Public Access computers are available in the computer room off the atrium. Printing of the first five pages is free, then 10¢ per page after that. Use is time limited to 60 minutes. There is also free internet.

## Computer Club

### 2nd Monday of the month, 9:30 - 11:30 a.m.

The Computer Club is a forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices. The club consists of the entire spectrum of users, from those who are completely new to those with substantial professional expertise. We learn from one another in a congenial setting. There are no dues and no tests! Come have fun, and learn to use your computer more effectively. Bring your questions to the meetings, and we will try to answer them.



## Drop-In Programs, Groups & Clubs

### Creative Stitches

#### Drop in Handwork Group

**Fridays, 1:00 – 4:00 p.m.**

Bring your own quilting (or other small handwork) and enjoy conversation and help with your project. Small donation for snacks and supplies.

### Current Events

**Tuesdays, 10:15 - 11:30 a.m.**

For years, older adults have been meeting for an hour or more to review local, national, and international events which affect them. They share their views and analyses arrived at from wide reading and often personal and professional experiences. Many meet a bit earlier to share coffee and conversation. Moderated by Tom McCoy.



### Dances Thursday evenings, 7:00 - 10:00 p.m.

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun. Price is \$4.00 per person. (Genre: BR - Ballroom, P - Polka, CW - Country Western, W - Waltz, L - Latin, S - Swing, BB - Big Band, LD - Line dance, most can play most requests)

**Sept. 3 Tom Yook**, BR, BB, L, S, W

**Sept. 10 Darrell Sullivan** - Western Dance, BR, CW, 50s, L, W, LD, S

**Sept. 17 Harris and Harris**, CW, BR, S, W, LD

**Sept. 24 Jim Ehrlich**, BR, P, S, W

**Oct. 1 Big Twang Theory**, BR, CW, 50s, L, W, LD, S

**Oct. 8 Darrell Sullivan**, BR, CW, 50s, L, W, LD, S

**Oct. 15 Harris and Harris**, CW, BR, S, W, LD

**Oct. 22 Terry Norona**, CW, BR, S, W, LD

**Oct. 29 Tom Yook** - Halloween Dance, BR, BB, L, S, W

**Nov. 5 Jim Ehrlich** - Red, White, & Blue Dance, BR, P, S, W

**Nov. 12 Darrell Sullivan**, BR, CW, 50s, L, W, LD, S

**Nov. 19 Harris and Harris**, CW, BR, S, W, LD

**Nov. 26 NO DANCE**

### Dulcimer Group - Singin' Strings

**2nd & 4th Thursdays, 2:00 – 3:30 p.m.**

The mountain dulcimer, also known as the lap or Appalachian dulcimer, is an intriguing instrument developed in America. It is an increasingly popular musical instrument known for its sweet lilting qualities. "Singin' Strings" is a group of dulcimer players meeting at the Senior Center to work on their skills and share music. All levels of dulcimer players are welcome to join in. Call Nancy Beaudrot at 303-772-2094 for more information.

Cost: 50¢ per session.



### "Eyes on Longmont"

#### TV Production Club

**Mondays, 9:00 - 11:00 a.m.**



We are a volunteer group that has fun producing in-depth documentaries for Channel 8 local Public Access TV to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Barbara Hau is the contact person for the group. [bhau1379@gmail.com](mailto:bhau1379@gmail.com) or 303-775-3021. Visit [www.longmontchannel.com](http://www.longmontchannel.com) for information about Ch. 8. See page 17 for dates when we are showing their productions.

### Friday Citizens' Open Forum

**Fridays, 1:30 - 4:00 p.m.**

The focus for this group has broadened from the original one regarding the 2008 "great recession". The addition of "citizens" encourages a link of this study to positive participation in the community. Topics are suggested and chosen by vote a week early. Topic leaders get up to 20 minutes to kick off discussion. Other attendees typically get two 5 minute slots to air their views, hold the floor, and direct the discussion. Curious newcomers are welcome and need not participate at their first meeting. Expect lively discussion and good humor. Rick Fitzgerald, host.



# Drop-In Programs, Groups & Clubs



## **Friends of the Longmont Senior Center, Inc.**

**4th Tuesday, 3:00 - 4:30 p.m.**

This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 2.

## **Grandparents Raising Grandkids**

**1st Monday, 6:00 - 7:30 p.m.**

**(2nd Mon. if 1st Mon. is a holiday)**

Share and learn from others who are involved in raising their grandchildren. Childcare provided. Please RSVP to Rebecca Trego with The Kinship Program at 303-441-1106 if you plan to attend.

## **Harmonica Band**

**Fridays, 10:00 - 11:30 a.m.**

We play together learning a variety of music selected by the group. Some Fridays we perform at the senior residences and other community organizations. We welcome all skill levels. Knowledge of reading music is helpful, but not required. Call Nancy Beaudrot at 303-772-2094 for further information.



## **Knit and Purl**

**Wednesdays, 9:00 - 11:00 a.m.**

This group is continuing under the expert guidance of Becky Williamson. Folks can knit their own projects or, if you'd like, knit for local charities in the area. Yarn and needles are available for the charity knitting. Donations of needles and yarn are always appreciated. This group welcomes all levels of knitters.

## **Library (Senior Center)**

Books are available for checkout every day. Please return them within three weeks. Limit 5 books per checkout.

## **Longmont Kiwanis Club**

**Fridays, 9:25 - 10:25 a.m.**

New members are always welcome. Call Marv Van Peurse 303-774-0734 for information.



## **Mah Jongg**

**Fridays, 1:00 - 4:00 p.m.**

Mah Jongg- experienced players. Join this lively group if you already know how to play the game and are looking for others with whom to play.

## **NARFE**

**2nd Friday, noon - 2:00 p.m.**

The National Association of Retired Federal Employees meets regularly for a potluck lunch and program. Call Jerry Seguin at 303-651-0917.

## **Quilting (By Hand)**

**Thursdays, 1:00 - 4:00 p.m.**

Old-fashioned quilting for others who pay to bring in their own quilt tops to be quilted by the Thursday Hand Quilters. Funds raised are donated to the Friends of the Senior Center. Hand-quilting experience is required and NO instruction is provided. Newcomers please call Doni at 303-651-3213 before dropping in and for more information. Small donation for snacks and supplies.

## **St. Vrain Valley**

### **Retired School Employees**

This group of retired St. Vrain Valley School District employees meets quarterly. Call Pat Weaver 303-776-9375.



## *Drop-In Programs, Groups & Clubs*

### **Saturday Potluck & Games**

**Last Saturday of the month, noon – 4:00 p.m.**

Older adults meet for a potluck, cards, games, and socialization. Call **Pat** at 720-494-1535 or **Wilma** 303- 485-7044 for information.

### **Scrapbooking & Paper Crafts**

**Wednesdays, 9:00 a.m. – noon**

This is an ongoing drop-in group, meeting weekly: come as you can. Work on creating scrapbooks, family history journals, greeting cards, and other paper crafts. All levels of skills are welcome as we share ideas and inspiration. If you are new to this hobby or just want to explore how to get started, drop in and visit with others to see what supplies you will need. Call Marty Baker at 303-776-8835 for more information.

### **Senior Center Singers**

**Tuesdays, September - May, 1:00 - 2:30 p.m.**

All voices—soprano, alto, tenor—are welcome. This group has been meeting since fall 2001 and has performed at various sites around Longmont as well as at the Senior Center. Music, laughter, and socializing are just a few of the benefits.

### **Shuffleboard**

**Thursdays, 9:00 - 11:00 a.m.**

Beginners welcome, no experience needed. The group will play several games and then have coffee and snacks. Participants will have a chance to play with a variety of people. A donation of \$1.00 for refreshments is asked. Leftover funds support an annual group lunch.

### **Single Women's Social Group**

**1st and 3rd Tuesdays, 11:30 a.m – 1:00 p.m.**

Are you a single woman looking for a way to make new friends? Come have lunch with us and enjoy socialization from other supportive single women. You can either bring your lunch or buy lunch from Meals On Wheels here at the Senior Center. If you have questions, you can call Wilma at 303-485-7044.



### **Spanish Conversation Group**

**Fridays, 1:30 – 3:00 p.m.**

Develop cross-cultural friendships and cultural understanding while improving your Spanish. All levels are welcome; however, there is no instruction, and all conversation is in Spanish.

### **Square Dance Club - Hix-N-Chix**

**(Sept. – May) Dances 2nd and 4th Wednesday evenings at the Senior Center, 7:30 - 10:00 p.m.**

New dancers are always welcome! Please call Joan Bristol at 303-678-7711 or Ann Weber at 303-485-9233 for information and cost for the club.

### **Support Groups**

Several support groups are available for interested persons. Many are open for drop-in participation. See the Resource Guide for a list or call Brandy at 303-651-8414.

### **Swingin' Seniors Rhythm Band**

**1st Monday, Sept – May, 1:00 – 2:30 p.m.**

This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is not required. Call Mori Glidewell at 303-651-0960 for more information.

### **Woodcarving**

**Fridays, 8:00 a.m. - noon**

Beginner and experienced woodcarvers meet to work on projects, offer advice on techniques or equipment



and share their enjoyment of this lifelong hobby. All carvers are welcome. Call John at 303-772-2007 or Bob at 303-435-9505 for more information.

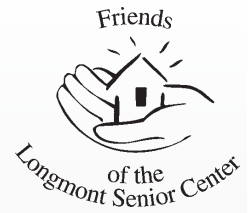
# Special Events at the Senior Center



## Cultural Enrichment Program

Sponsored by the Friends of the Longmont Senior Center, there will be engaging speakers this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety.

Cost: FREE, but please register in advance.



### Enos Mills – “Father of Rocky Mountain National Park”

Registration #483000.04

**Date: Friday, September 11**

**Time: 1:00 – 2:00 p.m.**



As a boy and as a man, Enos Mills (1870-1922) lived a remarkable mountain life. From childhood on, his bond with mountains and wilderness, especially the Estes Park area, inspired him to overcome personal hardship to become a successful speaker, writer, naturalist, businessman, and driving force behind the creation of Rocky Mountain National Park, celebrating its centennial in 2015. Storyteller, outdoorsman, and award-winning author, John Stansfield reenacts key moments from the life of Enos Mills. Following the program, is a questions and answer period. He'll also have some of his books to sell and sign.

### 17th Avenue Allstars, 50's Show

Registration #483000.05

**Date: Friday, October 2**

**Time: 2:00 – 3:00 p.m.**



The Denver-based 17th Avenue Allstars have been at the forefront of contemporary a cappella music since its inception in 1988. The group is a three-time winner of the Regional Harmony Sweepstakes held each year in Denver, Colorado and has also taken top honors in the National Harmony Sweepstakes, held in San Francisco. These talented vocalists thrill audiences nationwide with soulful renditions of songs from nearly every era of American pop music. The 17th Avenue Allstars have been featured in national media, including CBS-TV, and performed at the White House. Today's show will feature the hits of the '50's. Doors open at 1:30 for seating.

### Hot Tomatoes Orchestra

Registration #483000.06

**Date: Friday, November 6**

**Time: 2:00 – 3:00 p.m.**



This group is a fabulous nine piece band that specializes in swing, dance music, and big band jazz. Their unique style was developed from the great swing and jazz bands of the thirties and forties. They excel at re-creating the wonderful music of Benny Goodman, Artie Shaw, Glenn Miller, Tommy Dorsey, Duke Ellington, Count Basie and others. Members of the Hot Tomatoes have performed/toured with such household names as Tony Bennett, Bob Hope, Benny Goodman, The Pointer Sisters, Sammy Davis, Jr., Johnny Mathis, Sarah Vaughan, Ella Fitzgerald, The Temptations, Rita Moreno, Joan Rivers, The Mills Brothers, Ginger Rogers, Gene Harris, Debbie Reynolds, Mel Torme, Andy Williams, Natalie Cole, Linda Ronstadt, Frankie Valli, Rita Moreno, Marvin Hamlisch, Jim Neighbors, The Temptations, The Four Tops, The big bands of Woody Herman, Tommy Dorsey, Nelson Riddle, Carmen McRae and The Glenn Miller Orchestra! This afternoon, they will delight you with their fabulous sound and love for the big band style music. Doors open at 1:30 for seating.



### Carnival Fiesta

Registration #483001.15

**Date: Friday, September 18**

**Time: 6:00 – 9:00 p.m.**

**Cost:** FREE, and please register in advance. Come one, come all, step right up and have a ball! Join us in celebrating the greatest show on earth, with an evening of fun, food and entertainment! Our annual multicultural fiesta includes performances from “Bailes de Mi Tierra” and much more. Don't forget to bring your dancing shoes, colorful attire and a dish to share. Invite your family and friends to celebrate alongside people from different cultures. For more information contact us at 303-651-8411.



### Moose Luncheon

**Date: Tuesday, November 3 (election day)**

**Time: Noon**

Location: 2200 Pratt St.

The Moose Lodge will again sponsor and host its annual lunch for seniors! The Lodge offers this free lunch as a community service to the local seniors in recognition of all seniors who give and have given so much to our community. Starting October 1, you may pick up a ticket for yourself and one other senior at the Longmont Senior Center. Tickets must be picked up in person, and a ticket is required.





# Lifelong Learning Classes & Programs

## Computers & Technology

### Senior Computer Tech Center -

#### A computer learning opportunity for those 50+

- Learn from your peers in a supportive and comfortable environment.
- Register in advance at the Longmont Senior Center, 303-651-8411
- Classes and Labs are held at Front Range Community College, 2121 Miller Drive, Room C1504.
- Classes and Lectures are held at the Senior Center, 910 Longs Peak Ave.
- Small class size with individual coaches to assist students during class.
- We will assist you with all of your computing devices including laptops, cameras, phones, tablets, eReaders.



### Friday Open Computer Lab

**Location:** Front Range Community College,  
2121 Miller Drive, Room C1504

**Purpose:** One-on-one assistance in an open lab environment by coaches and instructors

**Time:** Fridays, 1:00 – 4:00 p.m.

**Cost:** \$2.00 per session. Pay at the door or purchase a 5-session punch card at the Senior Center for \$10.00.

#### **No Open Lab at FRCC on the following Friday afternoons:**

August 28 (Vacation)

September 4 (Labor Day weekend)

November 27 (Thanksgiving weekend)

### Personal Coaching

Our Personal Coaching program is for those who need one-on-one assistance outside of the classroom/lab environment to address specific needs with various devices, equipment, software and applications

- Cost is \$5.00 per hour.
- Call the Longmont Senior Center 303-651-8411 to request a Coach.
- A SCTC Volunteer will contact you to discuss your particular needs and schedule a day, time and location to meet.

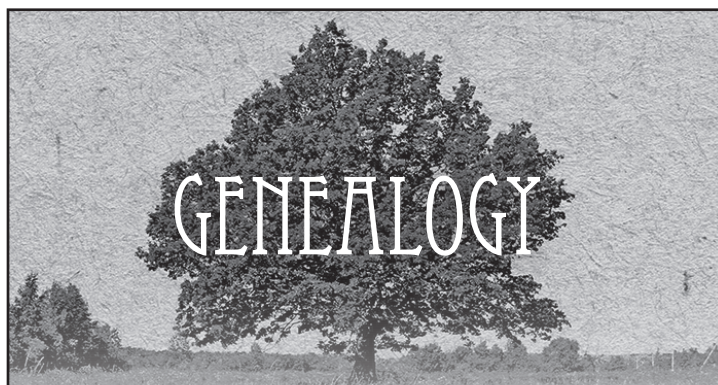
### Computer Club

A forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices.

- Meets the 2nd Monday of the month
- Dates: September 14, October 12 and November 9.
- Free, no registration required – drop-in

#### **Computer Tech Volunteers Needed**

If you are interested in volunteering with the Senior Computer Tech Center, please contact Kari at 303-651-8495 or kari.grotting@LongmontColorado.gov



### Genealogy

There are several activities this quarter on this popular subject.

<b>Genealogy Assistance</b>	Page 11
<b>Finding Your Roots</b>	Page 19
<b>How to Use Ancestry.com</b>	Page 11
<b>Family History</b>	Page 20



## Computers & Technology Classes



**Held at: Front Range Community College**  
**2121 Miller Drive – Classroom C1504**

Course	Registration#	Days/Time	Dates	Res/Non-Res	
<b>Windows 10 Demonstration</b>	482121.00	Thursday, 1:30–4:00 p.m.	September 10	\$2.00	\$3.00
<b>Introduction to Windows 8.1</b>	482122.00	Monday/Wednesday, 1:30–4:00 p.m.	September 14, 16	\$18.00	\$20.00
<b>Personal Assistance Workshop</b>	482123.00	Monday, 1:30–4:00 p.m.	September 21	\$5.00	\$6.00
<b>Introduction to Windows 10</b>	482125.00	Monday/Wednesday, 1:30 – 4:00 p.m.	September 29 October 1	\$18.00	\$20.00
<b>Genealogy Assistance</b>	482513.15	Wednesday, 1:30 – 4:00 p.m.	September 30	\$5.00	\$6.00
<b>Personal Assistance Workshop</b>	482123.01	Thursday, 1:30 – 4:00 p.m.	October 8	\$5.00	\$6.00
<b>Put Photos on Your PC</b>	482126.00	Friday, 9:00 a.m. – Noon	October 9	\$5.00	\$6.00
<b>Microsoft One Drive</b>	482127.00	Monday, 1:30 – 4:00 p.m.	October 12	\$2.00	\$3.00
<b>Email Assistance</b>	482503.15	Wednesday, 1:30 – 4:00 p.m.	October 14	\$5.00	\$6.00
<b>Windows 10 Demonstration</b>	482128.00	Tuesday, 1:30 – 4:00 p.m.	October 20	\$2.00	\$3.00
<b>Travel Planning</b>	482129.00	Thursday, 1:30 – 4:00 p.m.	October 22	\$5.00	\$6.00
<b>Understanding Files &amp; Folders</b>	482130.00	Monday/Wednesday, 1:30 – 4:00 p.m.	October 26,28	\$18.00	\$20.00
<b>Personal Assistance Workshop</b>	482123.02	Friday, 9:00 a.m. – Noon	October 30	\$5.00	\$6.00
<b>How to use Ancestry.com</b>	482131.00	Tuesday/Thursday, 1:30. – 4:00 p.m	November 3,5	\$18.00	\$20.00
<b>Easy Photo Editing</b>	482132.00	Tuesday/Thursday, 1:30 – 4:00 p.m.	November 10,12	\$18.00	\$20.00
<b>Introduction to Windows 10</b>	482125.01	Monday/Wednesday, 1:30 – 4:00 p.m.	November 16,18	\$18.00	\$20.00



# *Lifelong Learning Classes & Programs*

## **Computers & Technology Classes**

### **Easy Photo Editing**

We will give you a FREE photo editing program to use on your computer. You will learn the basic techniques such as removing red eye, cropping, slide show preparation, and photo organizing.

### **Email Assistance**

Using your personal email account, a Coach will work with you one-on-one to answer your specific questions about composing and sending messages; storing names in your address book; replying and forwarding messages; sending and receiving attachments.

### **Understanding Files & Folders**

This class will teach you the basics of managing your data on your computer using the Windows operating system. You will learn how to find and organize your files and folders; how to copy, move, delete and save your data. If you have a Windows laptop, bring it to class.

### **Genealogy Assistance**

You will work one-on-one with a Coach who will assist you with computer related genealogy research and data entry. If you have a laptop, bring it to class. Bring your login IDs and Passwords. This is not a structured class with lecture. Pre-requisite: experience with using the computer and internet for genealogy research.

### **How to use Ancestry.com**

Ancestry.com is a popular solution to everyone's desire to discover their genealogy. Thanks to technology it provides millions of records and online software for building your family tree. In this class you will receive hands on instruction for using the Ancestry.com web site. If you have a laptop, bring it to class. Pre-requisite: Experience in using the computer and internet for genealogy research.

### **Introduction to Windows 8.1**

This class addresses the look of Windows 8.1. Bring your own laptop or use one of ours. Learn how to use the Start Screen and how to tailor the Desktop, Taskbar and Favorites bar. Become more comfortable and have fun using the new features. If you have a Windows 8.1 laptop, bring it to class.

### **New! Introduction to Windows 10**

What is Windows 10? What are the new features? This class will explain all this and help you get started using Windows 10. If you have a Windows 10 laptop, bring it to class.

### **Put Photos on your Computer**

This class is for you if... you have taken pictures with your digital camera, your phone, or your tablet, and now you want to store them on your computer. And then you want to find them. Bring your camera device

### **New! Microsoft One Drive**

OneDrive is Microsoft's Cloud. With Windows 8.1, you can easily save your files, pictures and videos to OneDrive and get to them from any device, like your PC, tablet, or phone. OneDrive is free online storage that comes with your Microsoft account. This lecture with demonstration will show you how to use OneDrive.

### **New! Personal Assistance Workshop**

All Questions and Devices Welcome!!! Bring your Laptop, Tablet, E-Reader, Smartphone, Camera. A Coach will work with you for 2 ½ hours to help you with your device. This is not a structured class with lecture. This session is for non-Apple devices. Assistance sessions for Apple & Mac Devices are held at the Senior Center, see page 13 for dates and times. Registration is required.

### **Travel Planning**

Want to go on a trip? Use the Internet to research and book all of your travel related activities. Learn how to buy airline tickets, book hotels, rent a car, get step by step driving directions.

### **New! Windows 10 Demonstration**

What does Windows 10 look like? Do you want to upgrade your computer to Windows 10? Let us show you and help you decide.



# Lifelong Learning Classes & Programs



## Computers & Technology Lectures At the Longmont Senior Center

TOPIC	Registration#	TIME	DATES	Res/Non-Res	
<b>Cell and Smart Phone Tutoring</b>	482102.1A 482102.1B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Wednesday, September 2	\$2.00	\$3.00
<b>Fall Open Lab</b>	Drop In	1:00 – 4:00 p.m.	Tuesday, September 8	\$2.00	\$3.00
<b>Alternatives for Watching TV &amp; Movies</b>	482133.01	10:00 a.m. – 12:30 p.m.	Thursday, September 10	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30 – 11:30 a.m.	Monday, September 14	FREE	FREE
<b>Apple &amp; Mac Assistance</b>	482101.09	9:30 a.m. – Noon	Thursday, September 17	\$2.00	\$3.00
<b>What Should I Buy?</b>	482135.00	2:00 – 4:00 p.m.	Thursday, September 17	\$2.00	\$3.00
<b>Finding Your Roots: Genealogy</b> <i>See page 19.</i>	482136.00	6:00 – 8:00 p.m.	Tuesday, September 29	\$2.00	\$3.00
<b>Apple iCloud Photo Sharing</b>	482137.00	10:00 a.m. – Noon	Thursday, October 1	\$2.00	\$3.00
<b>Apple Calendar</b>	482138.00	1:30 – 4:00 p.m.	Thursday, October 1	\$2.00	\$3.00
<b>Cell and Smart Phone Tutoring</b>	482102.2A 482102.2B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Monday, October 5	\$2.00	\$3.00
<b>Facebook Assistance</b>	482139.00	9:30 – 11:30 a.m.	Wednesday, October 7	\$2.00	\$3.00
<b>Bah Hum Bug Proof Your Holidays</b> <i>See page 20</i>	482140.00	1:30 – 4:00 p.m.	Wednesday, October 7	\$2.00	\$3.00
<b>Apple &amp; Mac Assistance</b>	482101.10	9:30 a.m. – Noon	Thursday, October 8	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30 – 11:30 a.m.	Monday, October 12	FREE	FREE
<b>Fall Open Lab</b>	Drop In	9:30 a.m. – Noon	Tuesday, October 13	\$2.00	\$3.00
<b>What is Windows 10?</b>	482135.00	10:00 a.m. – Noon	Thursday, October 15	\$2.00	\$3.00
<b>E-Reader Assistance</b>	482113.15	10:00 a.m. – Noon	Thursday, October 22	\$2.00	\$3.00
<b>Accounts and Password Management</b>	482142.00	10:00 a.m. – Noon	Wednesday, October 28	\$2.00	\$3.00
<b>Alternatives for Watching TV &amp; Movies</b>	482143.00	12:30 – 3:00 p.m.	Wednesday, October 28	\$2.00	\$3.00
<b>How to Prepare for NextLight Services</b>	482145.00	1:00 – 3:30 p.m.	Thursday, October 29	\$2.00	\$3.00
<b>Twitter Demonstration</b>	482117.15	4:00 – 5:30 p.m.	Thursday, October 29	\$2.00	\$3.00
<b>Cell and Smart Phone Tutoring</b>	482102.3A 482102.3B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Monday, November 2	\$2.00	\$3.00
<b>Fall Open Lab</b>	Drop In	9:30 a.m. – Noon	Thursday, November 5	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30 – 11:30 a.m.	Monday, November 9	FREE	FREE
<b>Apple &amp; Mac Assistance</b>	482101.11	9:30 a.m. – Noon	Thursday, November 12	\$2.00	\$3.00
<b>How to Stay Safe in Cyberspace?</b>	482144.00	3:00 – 5:00 p.m.	Tuesday, November 17	\$2.00	\$3.00

Please note: All activities with a number require advance registration at the Senior Center or Online.



# *Lifelong Learning Classes & Programs*

## **Computers & Technology Lectures**

### **Accounts and Password Management**

We will talk about the importance of establishing strong passwords and the steps you should take to control and protect your passwords and account ids. Learn about tools and methods that are available to assist you.

### **New! Alternatives for Watching TV and Movies**

From free TV over the airways, to Smart TV and paid subscriptions you can watch TV and Movies without the traditional TV box connected to a cable or satellite. With advances in technology and the internet, there are new alternatives that provide access to what you want, need, and can afford. This lecture/demonstration will explain the alternatives, the equipment you may need, and the advantages and disadvantages.

### **Apple Calendar**

What would we do without our calendars? It is time to go electronic. Apple's calendar is one of the most popular. It is simple, clean and easy to use. Learn to use the many features and how to synch with the Cloud and other calendars. With the right know-how you can even toss that paper calendar.

### **Apple iCloud Photo Sharing**

With iCloud Photo Sharing, you can share your favorite moments with your favorite people when you create a shared photo album. Friends and family can post their own photos, videos, and comments to your albums, and changes appear automatically on everyone's devices.

### **Apple & Mac Assistance**

Bring in your Apple laptop or smart device (e.g. iPad, iPod, iPhone). Coaches will be available to answer your technical questions and help you with your own device. This is not a structured class with lecture. Assistance sessions for non-Apple Devices are held at Front Range Community College, see page 11 for dates and times. Registration is required.



### **Cell and Smart Phone Tutoring**

There are now so many different styles of Cell Phones and Smart Phones. Sign up for a one-on-one session with a Coach who will help you with your phone. Bring your phone, the charger, and the manual. This is not a structured class with lecture.

### **E-Reader Assistance**

Have questions on how to use your E-Reader device? How to buy books, check out books from the library, change the settings. So many things to learn. A Coach will be available to assist you with your device. This is not a structured class with lecture. Bring your E-Reader device with you.

### **Facebook Assistance**

Using your personal Facebook account, a Coach will work with you one-on-one to answer your specific questions on using Facebook. How to post, chat, post pictures, find friends, update your privacy settings. Prerequisite: you must already have a Facebook account and know your password. If you use Facebook on a mobile device, please bring it with you. This is not a structured class with lecture.

### **Fall Open Lab**

Fall Open Lab sessions at the Senior Center: Tuesday September 8; Tuesday October 13; Thursday November 5. No registration required. Drop in for one-on-one assistance with your laptop, tablet, phone, eReader. All devices welcome.

### **How to Stay Safe in Cyberspace?**

Whenever you are on the computer or your mobile device you are out there in cyberspace, you are vulnerable. It is your responsibility to protect yourself. It is an exciting new technological world we live in. Join us for this discussion what you should and should not do to keep yourself safe.



## **New!** How to Prepare for NextLight Internet Service

The City of Longmont's NextLight Internet Service is being installed within the city limits. City residents can sign up when it arrives in their neighborhood. To help you decide if you want to cancel your current service and convert to NextLight, we will address the various implications of your choice. Primarily we will focus on what you need to know and do to prepare for installation. Join us for this lecture/demonstration to assist you with a smooth transition.

## What is Windows 10?

Microsoft has released the new Windows 10. Join us for a look and explanation and demonstration of the new features.

## Twitter Demonstration

What is Twitter? What is Tweeting? What is a hash tag? Do I want to do this? Come to this lecture/demonstration to start learning and then decide for yourself.

## What Should I Buy

Do I want a computer, a tablet, a smart phone, an iPad? The choices are endless. This lecture will explain the basic terminology and discuss what features and capabilities you need and do not need. Then you can decide.

## Arts/Creative Pursuits

### Porcelain Art

**Date:** Mondays, September 14 – November 23

**Time:** Mornings

China painting classes for beginning and advanced students.

Learn to make beautiful hand-painted china for yourself or others. If you would like to sign up, please put your name on a list at the Senior Center front desk, and the instructor, Alna Hiel, will contact you for your class registration, cost, and times.



### Drawing Flowers & Plants Using Colored Pencils

Registration #484104.15

**Dates:** Wednesdays, September 2 - 23

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$36.00 resident, \$42.00 non-resident

Learn how to draw plants like a botanical illustrator while also learning color pencil. We will go over composition, negative space, texture, and color; in other words, really "seeing" the details in a leaf, a flower, a seedpod, or a vegetable. Photos of plants to draw from will be provided. Your instructor, Donna Clement, is a botanical illustrator creating artwork for Botanical Interests seed packages. A list of supplies needed will be available at the front desk and/or on your receipt.

### Beginning & Continuing Oil Painting

Registration #484113.09

**Date:** Tuesdays, September 1 – 22

Registration #484113.10

**Date:** Tuesdays, October 6 – 27

Registration #484113.11

**Date:** Tuesdays, November 3 – 24

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$36.00 resident, \$42.00 non-resident, per session (month)

All students welcome, all skill levels included. Come and learn to oil paint; it is the most forgiving of all mediums. Learn and refine your skills such as impasto, knife painting, scumbling, drybrush, underpainting, lean over fat, and alla prima. In addition to that, mixing paint, some color theory, and composition will also be discussed. Learn the differences in brushes, and those that want to learn to stretch canvas can delve into that too. You will be learning different styles of painting using artists such as Monet, Van Gogh, Cezanne, and many others. Donna Clement is looking forward to sharing with you her talents and knowledge for this lifelong hobby! Donna has a BFA from the school of Visual Arts and her Master's Degree from UNC, Greeley, and has an extensive career working in the art world, from award winning set design to illustrator and instructor. A supply list will be available at the front desk and on your registration receipt.

*\*Please note: All activities with a number require advance registration.*





# Lifelong Learning Classes & Programs

## Arts/Creative Pursuits



### Watercolor Painting & Drawing

**Time:** 1:30–3:30 p.m.

**Cost:** \$45.00 resident, \$54.00 non-resident  
(per 5 week session)

**Date:** **Wednesdays, Sept. 9 – Oct. 7**  
Registration #484102.01

**Date:** **Wednesdays, October 14 – November 18**  
(No class Nov. 11, Veteran's Day)  
Registration #484102.02

All levels of students are welcome to experience the exciting medium of watercolor, drawing, and the underlying structure of painting. You will learn by working from "wet" to "dry" to "detailed," learning about colors, composition, and subject matter. Hanlie Wessels, a local watercolor artist and teacher, will be instructing the class. Supply list will be available at the front desk and on your registration receipt.

### Continuing Colored Pencil Drawing

Registration #484106.15

**Dates:** **Wednesdays, October 7 - 28**

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$36.00 resident, \$42.00 non-resident

This is a continuing exploration of colored pencil drawing with Donna Clement. We will explore the details of drawing shiny objects such as marbles or glass, iridescence in seashells or humming birds, or details in drawing animals, including long hair, short hair, feathers, and scales. We will explore drawing other types of objects such as wood and feathers, so that when you want to put props in your illustrations, you will be prepared. For supplies, you'll use what you used in your previous colored pencil class(es). (Prerequisite: Colored Pencil Drawing or Plants & Flowers or Animals)



### Color Theory

Registration #484121.00

**Dates:** **Wednesdays, November 4, 18, 25**  
(No class Nov. 11, Veteran's Day)

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$27.00 resident, \$32.00 non-resident

Color theory is an important part of creating anything involving color, whether you are painting, drawing, sewing, knitting, crocheting or painting your home. You will learn about primary colors, secondary colors, cool colors, and warm colors. Color harmonies such as complementary colors, analogous colors, triadic colors, and monochromatic colors. You will learn the difference between value, hue, and Chroma. But most of all you will learn how to mix colors with paint and pencil.

Instructor: Donna Clement



## General Interest



### *"The Big Picture"*

Did you know we have a TV production club at the Longmont Senior Center? See page 6 for meeting time information. It's called, "Eyes on Longmont," and the members have been busy exploring Longmont and surrounding areas: capturing the stories, history, events, and more! Now, we are fortunate to start enjoying some of their work. Along with the video, we'll include someone involved in the production or something else related to the topic – it's more than just a show – you get "the big picture."

Time: begins at 1:00 p.m.

Cost: Free, but please register in advance

### **Lynn Wolfe – Boulder Artist**

Registration #484220.04

**Date: Thursday, September 3**

Lynn R. Wolfe is a 97 year old Boulder artist who is still actively creating water color paintings, oil paintings and bronze sculptures. One of his bronze wolf sculptures is in the City of Lafayette's '2015 Art on the Street' exhibit. Examples of his stained glass work can be found in the St. Aidan's Episcopal Church in Boulder. He was a professor at CU in Boulder for 36 years and still enjoys welcoming visitors to his studio. Producer - Preston Newell (41 minutes)

### **The Art of Dying: Part 3: Letting Go**

Registration #484220.05

**Date: Thursday, October 1**

Religious guides and experts discuss the nature of self and ways in which others cope with the death of a loved one. It is a fascinating exploration of the many ways different faiths address how communities deal with the loss of a member. The universal event is seen from the perspective of five of the world's major religions whose leaders frequently deal with the many manifestations of death. Producer – Richard Lukon (42 minutes)

### **Longmont United Hospital -**

#### **A Planetree Journey**

Registration #484220.06

**Date: Thursday, November 5**

Before the term "patient centered" became popular, Longmont's community hospital was creating a place dedicated to integrating mind, body and spirit. Come along with Michelle Bowman as she invites the hospital's former CEO and Director of Volunteer Services to recapture the creations of this innovative vision for healthcare. There is a distinction between calling an organization patient centered and the sustained effort required to maintain the standard of excellence in which LUH earned "Planetree Designation". Planetree is an international organization devoted to promoting patient centered care. LUH has been affiliated since 1998. In 2010, LUH became the 11th designated hospital in the world and remains a member of this elite group of health organizations to this day. Producer Teri Manzanares (45 minutes)

#### ***If You Are Interested in Film Production***

or want to know about how things work "behind the scenes", checkout the Eyes on Longmont Group on page 6.



## Lifelong Learning Classes & Programs

### AARP Driver Safety Class

**Dates:** Wed, September 9, 8:30 a.m. – 1:00 p.m.

Wed, October 14, 8:30 a.m. – 1:00 p.m.

Thurs, November 12, 8:30 a.m. – 1:00 p.m.

AARP's fast-paced format of one half-day session is designed to sharpen driving knowledge and skills and to develop strategies for adjusting to accelerated changes in vision, hearing, reaction time, and other elements that relate to our abilities to be safe drivers. Graduates may be able to qualify for a discount on auto insurance. Registration for this class is required. Cost: \$15.00 AARP members, \$20.00 non-members, payable to AARP and accepted at class. Please call 303-651-8411 for more information and registration.

### Personal Safety & Self Defense

Registration #484237.00

**Dates:** Wednesdays, September 9 and 16

**Time:** 3:00 – 5:00 p.m.

**Cost:** \$20.00 resident, \$24.00 non-resident

The idea of self-defense usually conjures images of punching or kicking the bad guy. But, this class is also useful for situations ranging from unwanted hugs to verbal aggression with composure and control, as well as the extreme case of physical assault. No longer feel "I wish I could have handled that better" after a difficult situation. The class will focus on how to avoid confrontation and feel safe, with a method called FAST defense. You'll learn what predators look for in selecting victims. Discuss how to use verbal and nonverbal skills to de-escalate a situation, the physiology of adrenal stress response and how to manage it in conflict, and lastly a couple of practical moves in self-defense. This is all serious stuff, but taught in a fun and friendly manner by martial arts instructor, Vince Luke, and a Longmont Police Officer.

### Spanish Films

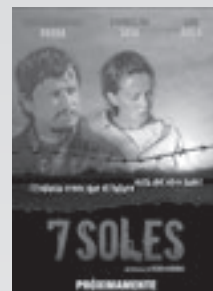
**Time:** Begins at 1:30 p.m.

**Cost:** free

#### 7 Soles

Registration #484432.04

**Date:** Thursday, September 17



Negro (Gustavo Sanchez Parra) makes it known that his latest smuggling job -- leading a group of unauthorized immigrants into Arizona -- will be his last. But his suspicious superiors' decision to send a young smuggler along with him ultimately begets tragedy. Evangelina Sosa co-stars in this Spanish-language drama set along the so-called "devil's highway," based upon real stories from those who survived the journey. (2008, NR, 87 min.)

#### Under the Same Moon

Registration #484432.05

**Date:** Thursday, October 22



In this tale illuminating the plight of illegal aliens, Kate del Castillo plays Rosario, a woman working illegally in the United States to provide a better life for her son Carlitos (Adrian Alonso), who remains at home in Mexico. Longing for his mother, Carlitos stows away on a van that's headed for the border. But an already treacherous journey becomes even more so when Carlitos is separated from his smugglers (Jesse Garcia and America Ferrera). (2007, PG-13, 109 mins.)

#### Instructions Not Included

Registration #484432.06

**Date:** Thursday, November 19

When Acapulco playboy Valentín finds a baby girl on his doorstep, he hightails it across the border to locate the infant's mother. But when she proves elusive, Valentín unexpectedly begins to develop feelings for the tot. (2013, PG-13, 115 mins.)







## Money in American Elections, Democracy in Danger

Registration #484238.00

**Dates: Wednesday, September 9**

**Time: 1:30 – 3:00 p.m.**

**Cost:** Free and please register

The League of Women Voters of Boulder county will present an informational program on how the huge influx of campaign money in American elections threatens to undermine democracy.

*THE LEAGUE OF WOMEN VOTERS IS A NON-PARTISAN POLITICAL ORGANIZATION ENCOURAGING INFORMED AND ACTIVE PARTICIPATION IN GOVERNMENT. THE LEAGUE INFLUENCES PUBLIC POLICY THROUGH EDUCATION AND ADVOCACY.*



## Cannabis in Colorado

Registration #484240.00

**Dates: Tuesday, September 29**

**Time: 4:00 – 5:30 p.m.**

**Cost:** Free and please register

Pot talks; let's learn about this product which is controversial to some and to others no big deal. Since the state has passed laws legalizing marijuana, numerous industries around cannabis have sprung to life. What is happening with medical and recreation pot? Would you consider trying it if it relieved pain or specific ailments? This afternoon, there will be 4 professionals in the field of cannabis to talk about their businesses and what is occurring around us. Today's speakers are Dr. Joel Cohen, a medical doctor who prescribes cannabis for relief of some symptoms, retailer Jan Cole who operates "The Farm" which are both recreational and medical stores, Julie Dooley, manufacturer of edible products "Julie's Natural Edibles", and Shawn Hauser, an attorney specializing in the laws around marijuana.

## Gift Planning and Why It's Essential – A Personal Story

Registration #484239.00

**Date: Friday, September 18**

**Time: 1:00 – 2:00 p.m.**

**Cost:** FREE, but please register in advance

In 2009, Eric Hozempa embarked on a journey with his friend, Ron, who had placed Eric as representative of his estate. In this session, Eric will provide some ideas for planning your estate that may make it easier on your heirs and ensure that your charitable wishes are followed.

## Finding your Roots; Genealogy

Registration #484241.00

**Date: Tuesday, September 29**

**Time: 6:00 – 8:00 p.m.**

**Cost:** \$2.00 resident, \$3.00 non-resident

Would you like to investigate your family history? The world of Genealogy Research together with technology is changing so fast. Where to start? There is a wealth of information available in our own home town. To learn what is available, join us for this discussion with four of our local genealogists: Margaret Lindbloom, Longmont Genealogical Society Education Chair; Doug Altman, Family History Center; Patricia Roberts, Author/Researcher; and Debra Skoff, Reference Staff Longmont Public Library.

## Beginning Mah Jongg

Registration #484242.00

**Date: Thursdays, October 1 - 22**

**Time: 9:00 a.m. - Noon**

**Cost:** \$32.00 resident, \$38.00 non-resident

Learn the basics of this fascinating and stimulating game. There will be several sessions where the rules for the game are explained. Then you will put your knowledge to work by playing the game. This class is being taught by Sandy Allen, Ginger Martinez and Diane Gamble. Current Mah Jongg cards are included, as every player is required to have their own card. There is a minimum of 8 students and maximum of 16 allowed. If you don't need lessons, and would like to play, see drop in Mah Jongg on page 7.



## *Lifelong Learning Classes & Programs*

### **Through the Eyes of An Artist: Belgium and Holland**

Registration #484243.00

**Date: Monday, October 5**

**Time: 10:00 – 11:00 a.m.**

**Cost:** Free

Join local artist, Diane Wood, on her visual journey through Belgium, visiting Brussels, Ghent, and Brugge, art museums, and sampling mussels and frites (best French fries ever), and Belgium beer. She toured an ancient brewery, World War I battlefields, Ypres, massive gates that hold back the North Sea, Kukenhof Gardens, and then some of Amsterdam's great museums. She shows slides, talks about her adventures, and displays some artwork created from her slides.

### **Bah Hum Bug-Proof your Holidays! or... The 12 Scams of Christmas**

Registration #484244.00

**Date: Wednesday, October 7**

**Time: 1:30 – 3:00 p.m.**

**Cost:** Free and please register in advance

Hazel returns! Last spring she gave a talk that was insightful, educational and enjoyable. When you leave you'll have learned about some of the latest in scams and fraud that are circulating and how to protect yourself from identity theft. At this time of year the villains work over time to get at your hard earned money and good reputation. Experts tell us that 50% of the population will become victims of Identity Theft in their lifetime. Hazel Heckers, from Colorado Bureau of Investigation will be here to share with you things you should know about reporting theft, emotional support, getting a plan of action, understanding the process and getting advocacy with your banks, credit unions, credit card companies. Remember, knowledge is the best deterrent against the thieves.

### **The Mystery of Dreams and Why They are Essential**

Registration #484245.00

**Date: Thursday, October 15**

**Time: 1:00 – 2:30 p.m.**

**Cost:** \$2.00 resident, \$3.00 non-resident

Paul Flanders will present what we know and don't know about dreams. And discuss four theories as to why we dream and how we can use dreams to improve our lives. This talk cites examples of famous dreams in history.



### **Family History & You! Genealogy Basics**

Registration #484246.00

**Date: Thursdays, October 1 - 22**

**Time: 1:30 – 3:30 p.m.**

**Cost:** \$8.00 resident, \$10.00 non-resident

Join us at the Longmont Senior Center for 4 exciting and enlightening classes on how to discover your ancestry and learn how you came to be who you are. Taught by members of the Longmont Genealogical Society, you will learn how to find and record basic information and how to search the Internet for clues and actual documents, photos and more. You will even learn to find your folks in the US Census; an experience that leaves most of us eager for more! There will be examples of books, charts, photo albums, and more that members have created. Bring some information about your family – names and places they lived and be prepared for a wonderful treasure hunt. Sign up for the class right away – you will have time to use what you've learned to share with family members for Christmas.



## Home for a Lifetime

Registration #484247.00

**Dates: Wednesday, October 21**

**Time: 9:30 – 11:00 a.m.**

Cost: \$20.00 resident, \$24.00 non-resident

Registration #484247.01

**Dates: Tuesday, October 27**

**Time: 3:00 – 4:30 p.m.**

Cost: \$20.00 resident, \$24.00 non-resident

The class will focus on several key areas of making a home comfortable, safe and maintain independent living regardless of age. Lynn Miller, owner of "Home & Hearth" Senior Home and Property Services, will share low or no cost ways to maintain your home including proactive maintenance ideas, universal design concepts, modifications and home safety checks. Included in the talk will be what to look for in a contractor for larger projects. Take away materials on resources, ideas and tips will be provided.



Elizabeth Nosek is a new and dynamic presenter bringing years of experience as a curator in museums across the country. A fun presenter who uses sound scholarship, she shows how history and culture continue to make a difference in the lives we live today!

## Blue Willow

Registration #484441.00

**Dates: Wednesday, September 16**

**Time: 1:00 – 2:30 p.m.**

Cost: \$5.00 resident, \$6.00 non-resident

Probably the most beloved china pattern in history, Blue Willow has been used by Presidents, depicted in paintings and movies as well as found in our own homes. Today, the famous china pattern decorates plates, t-shirts, candles and more. Just how it found its place in our everyday world will be explored.

## The Evolution of Diners

Registration #484442.00

**Dates: Wednesday, October 21**

**Time: 1:00 – 2:30 p.m.**

Cost: \$5.00 resident, \$6.00 non-resident

Offering a wide range of foods, a distinct exterior structure, a casual atmosphere, a counter, and late operating hours - diners have been around since 1872. We will explore the evolution of this quintessentially American phenomenon, its architecture, food and traditions.

## Thanksgiving: Fact & Fiction

Registration #484443.00

**Dates: Thursday, November 19**

**Time: 1:00 – 2:30 p.m.**

Cost: \$5.00 resident, \$6.00 non-resident

From foods to pilgrim hats, we will discuss just how this holiday came to be, some of its favorite traditions as well as some of its myths. Are your traditions based on fact or fiction? After attending this session, you'll have some juicy tidbits to share around the dinner table next week at this American made holiday.



## British Landscapes; photo show

Registration #484248.00

**Date: Tuesday, November 3**

**Time: 4:00 – 5:30 p.m.**

Cost: Free

Enjoy this re-cap of the British Landscapes tour. A group of Longmont travelers headed to England, Scotland and Wales in September. Theresa will share some her photos pulled together into a slide show with music and some light commentary.





# Lifelong Learning Classes & Programs

## History

### History of Longmont

Registration #484433.00

**Date:** Thursday, September 10

**Time:** 1:30 – 2:30 p.m.

**Cost:** Free and please register in advance

Curator of Research from the Longmont Museum, Erik Mason, will give you an overview of how Longmont came to be the city it is today. Hear about it from the beginnings of a small colony of adventurous “Chicagoans”, to the diverse, widespread city that it is today.

### Conspiracies in History

Registration #484434.00

**Date:** Wednesday, September 16

**Time:** 10:00 – 11:30 a.m.

**Cost:** \$2.00 resident, \$3.00 non-resident

Paul Flanders will present this talk that attempts to distinguish the theories that have merit from the ones that are purely malarkey. Among the theories addressed: Did FDR fail to warn Pearl Harbor on purpose? Who shot JFK? Was the Moon Landing faked? Did the Nixon campaign succeed in rigging the 1972 election?

### Zebulon Pike, Thomas Jefferson & the Opening of the West

Registration #484435.00

**Date:** Wednesday, September 23

**Time:** 1:00 – 2:30 p.m.

**Cost:** \$5.00 resident, \$6.00 non-resident

In this presentation we will explore the role Zebulon Pike played in the opening of the American West. Pike was one of the most misunderstood and uncredited explorers of the 19th century. However, Pike fought in the war of 1812 and his two expeditions mapping and exploring the Louisiana Purchase had a lot to do with the eventual expansion of the United States. You will learn a lot about this complicated figure with his accomplishments and failures, presented by Ed Weising.

### Golden, Colorado;

### Gold Rush Town to Industrial Center to Tourism Mecca

Registration #484436.00

**Date:** Wednesday, October 14

**Time:** 1:00 – 2:30 p.m.

**Cost:** \$5.00 resident, \$6.00 non-resident

Learn about Golden’s colorful history—from supply town for the mines, territorial capital, industrial center, academic powerhouse, and tourism attraction. Gain an appreciation for the efforts of visionaries of this community who established businesses, churches and institutions, presented by Ed Weising.

### Andrew Jackson

Activity #484437.00

**Date:** Wednesday, November 4

**Time:** 1:00 – 2:30 p.m.

**Cost:** \$5.00 resident, \$6.00 non-resident

Should the 7th President of the United States be despised or adored? Recently, the U.S. Treasury said it will replace Hamilton on the \$10 bill with a deserving female from American history. Some argue Jackson deserves to be removed from the \$20 bill. What is the case for and against “Old Hickory”?

### Voices from the Other Side

Registration #484438.00

**Dates:** Tuesday, November 10

**Time:** 3:00 – 4:00 p.m.

**Cost:** Free and please register in advance

If you are a **WWII history** buff, or intrigued by this war that changed the world you should come to this talk! Author and lecturer Jean Messinger, has a passion for WWII stories. She recently published a new book called *Voices from the Other Side*, these are the accounts from the civilians in Germany, and how more people are victims than we sometimes realize. Jean will share with you some of the stories she heard and wrote about and talk about the lasting impacts on people she interviewed.



## Humorous Hoaxes, Sleazy Scams and Scurrilous Schemes in Colorado History

Registration #484439.00

**Date: Thursday, November 12**

**Time: 1:00 – 2:30 p.m.**

**Cost:** \$5.00 resident, \$6.00 non-resident

In this entertaining presentation you will learn about the crazy things that people believed that bilked them out of their life's savings during the early years of Colorado. Hoaxes and scams were prevalent during the 19th century including the great "diamond hoax" and "McGinty," the petrified man. Enjoy these stories as told by Ed Weising.

## William Palmer Jackson and His Baby Railroad

Registration #484440.00

**Date: Wednesday, November 18**

**Time: 1:00 – 2:30 p.m.**

**Cost:** \$5.00 resident, \$6.00 non-resident

People from the world over come to Colorado to ride remnants of General Palmer's Denver and Rio Grande Railroad. Today we know these segments as the Durango Silverton, the Cumbres Toltec, the Royal Gorge, and the Rio Grande Scenic Line. Of course there is also a significant portion of the Amtrak route west of the Divide which also encompasses the former D&RG right of way. Let's learn about the man and his rails which helped build Colorado. Presented to you by Larry Ralston.

## Humanities/Cultural

### Ancient Wisdom – An Enchanting Landscape of Your Inner Temple

Registration #484444.00

**Dates: Tuesdays, September 1 - 29**

**Time: 10:00 a.m. – 11:30 a.m.**

**Cost:** \$15.00 resident, \$18.00 non-resident

Presented by Bobbi Nesheim, PhD. Since ancient times and throughout many world teachings, there has been a common 'innerstanding,' an intuitive comprehension that the outer world is supposed to reflect a higher ideal, a Divine Plan. September gives us five weeks to explore inner strengths for self-growth and conscious creativity. Join us and explore your own answer to the eternal questions: 1) Who am I? 2) Why am I here? 3) What is my purpose and service in life?

### Conversación sobre la Etapa Final de la Vida

Muchas veces hay conversaciones difíciles de afrontar, y sobre todo aquellas relacionadas con el final de la vida. Sin embargo, es una de las conversaciones más importantes que podemos tener con nuestros seres queridos. Por esta razón tendremos 6 presentaciones en los siguientes meses. Hablaremos de temas tal como; carta de poder, como trasladar un cuerpo de un país a otro país, donación de órganos, maniobras de resucitación, consentimiento de autorización. Para más datos contacte a Ana al 303-651-8411.

### Great Conversation of Great Ideas

**Time: 9:30 – 11:00 a.m.**

**Dates: Thurs, Sept. 3, 17, Oct. 1, 15, 29, Nov. 12, 19.**

**Cost:** Donations accepted for copies of the readings. This thought-provoking discussion group on the 103 Great Ideas that are the core of everybody's thinking will be led by facilitator Brian Hansen, who has extensive experience in the "Great Books and Great Ideas" curriculum. He will present the themes which come from philosopher Mortimer Adler. There are brief reading materials intended to accompany the discussions; copies can be downloaded from Brian's website: <http://home.comcast.net/~pamjhansen/site/>. This class is continuous, and each session is a new topic. Drop in as your schedule allows.

Sept. 3, Reading: Great Treasury of Western Thought; **Honesty, pp 668 – 674**

Sept. 17, Reading: Great Treasury of Western Thought; **Conscience, pp 579 – 583**

Oct 1, Reading: Great Treasury of Western Thought; **Conditions of Peace, pp 948 – 955**

Oct. 15, Reading: Great Treasury of Western Thought; **The Ends and Means of Education, pp 513 - 530**

Oct. 29, Reading: Great Treasury of Western Thought; **Sin and Temptation, pp 1390 -1410**

Nov. 12, Reading: Great Treasury of Western Thought; **Redemption & Salvation pp 1402 – 1410**

Nov. 19, Reading: Great Treasury of Western Thought; **Suicide pp 132 141**



# Lifelong Learning Classes & Programs

## Philosophy for Everyone: Using Story to Examine Our Beliefs

**Time: 3:00-5:00 pm**

Cost per session: \$3.75 resident, \$4.50 non-resident

Overview: We have all asked ourselves who we are, why we are here and how we should live. The world's philosophical traditions can be guides for us

in exploring these questions and more but so can stories. Using everything from excerpts from novels to clips from popular films and television shows, Kelly Cowling will help you to apply a time-tested technique of finding yourself and your beliefs through stories. The questions will come from you. Will we find all the answers? We hope not!

DATE	Registration #	Topic
<b>Thurs, Sept 3</b>	484450.01	<b>Beauty:</b> The philosophy of aesthetics. What does it mean to say that something is beautiful? How have standards of beauty changed over time?
<b>Thurs, Sept 10</b>	484450.02	<b>Love:</b> A discussion on the nature of love. What is it and is it really all we need?
<b>Thurs, Sept 17</b>	484450.03	<b>Free Will vs Destiny:</b> How much control do we have over our own destiny? How responsible are we for our own actions? How would knowing our fate change the way we live?
<b>Thurs, Sept 24</b>	484450.04	<b>Individual vs Collective:</b> Philosophy for Everyone is based on the belief that profound discussion is something everyone can enjoy and that everyone has a right to make thoughtful decisions about how to live. Is there a limit to these rights, however? In this conversation, we will discuss the tension that can exist between the individual and the collective. When is it ethical to decide for others? How do we know?
<b>Monday, Oct 5</b>	484450.05	<b>Imagination, Speech, and Thought:</b> How do we understand each other and the world? Where is the line between the real and the imaginary? How does language shape our thought? In this Philosophy for Everyone, we will have an entertaining and enlightening discussion about imagination, language and consciousness.
<b>Monday, Oct 12</b>	484450.06	<b>Subjectivity versus Objectivity:</b> Is the world around you really as it appears? Try to imagine seeing a new color or thinking a thought that cannot be expressed in words. What causes us to perceive the world in the way we do? Is there a difference between the way we know reality and reality, itself?
<b>Monday, Oct 19</b>	484450.07	<b>Intuition and Spiritual Awakening:</b> What is a peak experience? Are there ways of knowing that are beyond our perception of the everyday world? Is it a choice between remaining a skeptic or blindly accepting the testimony of those who have climbed the spiritual mountain ahead of us? Can we trust our own intuition and extraordinary experiences?
<b>Monday, Oct 26</b>	484450.08	<b>Upgrading the Human:</b> What does it mean to be human? When we use technology and other means to alter ourselves does this also alter our humanity? What does this mean for the future of our species?

## Guided Autobiography

Registration #484451.00

**Dates: Wednesdays, Sept. 9 – Nov.18**

Cost: \$5.00 resident, \$7.00 non-resident

Write the story of your life 2 pages at a time, no writing skills necessary. This 10 week class helps to prompt you to write short stories about your life.

24 During the 2-hour class, there will be activities to help spark your story writing and you will have

the opportunity to share your story with the others in the class. You will write your story outside of class and bring it the following week. When you are done with the class you will have 10 stories from your life that are great to share with your family and friends. This class will be taught by Amy Loberg. If you took this class last year with Amy, we ask you not to enroll, so that others may participate, thank you for understanding.





## Death Café!

Registration #484509.15

**Date: Wednesday, October 21**

**Time: 2:00 – 3:30 p.m.**

**Cost:** FREE, and please register in advance

Let's talk about death! Join us at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death while helping people make the most of their finite lives. The class is not a bereavement or grief counseling group. This class will be confidential and facilitated by peer counselors. Tea and sweets will be offered.

## Death Traditions Around the World

Registration #484452.00

**Dates: Thursday, October 29**

**Time: 9:30 – 11:00 a.m.**

**Cost:** \$2.00 resident, \$5.00 non-resident

Presented by Kim Mooney of Practically Dying. Cultural death practices all over the world reflect the needs of the living, the dying, and the dead. We'll look at some of the most interesting reflections of our collective response to death, which often spurs us to think about our own.

## BOULDER INTERNATIONAL FILM FESTIVAL



### Fall BIFF Films

Longmont Senior Services and the Boulder International Film Festival (BIFF) have created an exciting partnership to bring exceptional independent films to the Longmont Senior Center. A BIFF representative will present each film and facilitate a brief discussion. The films are projected onto a screen so that they are larger and easier to see.

**Time: begins at 5:30 p.m.      Date for both films: Tuesday, October 13**

**Cost:** Free      Registration #484405.04

### Keeper of the Mountain

As a reporter for Reuters, Elizabeth Hawley has lived alone in Kathmandu since 1960 and has interviewed thousands of returning mountaineers. Now in her 90's, Ms. Hawley is the world's foremost authority on Himalayan mountaineering and the final arbiter of disputed claims. This sharp, witty woman with an encyclopedic memory has made some of the world's most formidable mountaineers quake with her post-expedition interrogations, which they have fondly dubbed "The Second Summit." (USA/Nepal, Documentary Short, 2013, 25 min. Director: Allison Otto)



### High and Hallowed: Everest 1963

In May of 1963, a team of brave Americans assembled on Mt. Everest in an effort to be the first from the U.S. to stand atop the world's highest mountain. Some climbed the traditional south route while others attempted the daunting, and previously unclimbed, West Ridge, now considered one of the most daring attempts in history. This harrowing film also incorporates a modern-day attempt on the West Ridge in 2012 in hideous conditions. (USA/Nepal, Feature Documentary, 2013, 48 min. Directors: David Morton and Jake Norton; Jim Aikman, co-director)





## Lifelong Learning Classes & Programs

### C.G. Jung: Scientist and Mystic?

Registration #484453.00

**Dates:** Mondays, November 2, 9, 16, 23, 30

**Time:** 3:00 – 4:30 pm

**Cost:** \$15.00 resident, \$18.00 non-resident

Carl Gustav Jung was a pioneer of analytical psychotherapy. Though he was a noted man of science, he insisted that there was an imaginative life in all beings that must be taken seriously. His break with his famous mentor, Sigmund Freud, constituted both a personal crisis and a crisis for the study of

the human psyche. Respected by professionals worldwide who follow his theories and practices, he is also a source of wisdom for those who recognize his mystic side as invaluable. In this class, we will look at Jung's foundational works such as *Man and His Symbols* and his more esoteric writings, such as *Seven Sermons to the Dead*, a book that begins, "The dead came back from Jerusalem, where they did not find what they were seeking." Will we be able to reconcile these two sides of the enigmatic Jung? Presented by Kelly Cowling and Bobbi Nesheim.

## Resource Education

### Medicare Basics Classes

Registration #484803.09 **Monday, September 21**

Registration #484803.10 **Tuesday, October 20**

Registration #484803.11 **Tuesday, November 17**

**Time:** 10:00 a.m. – noon

**Cost:** FREE, but please register in advance

Medicare Basics classes are offered by the Boulder County Area Agency on Aging Medicare Counselors. Information is provided about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Call the Senior Center at 303-651-8411 to register.

### Medicare Part D Open Enrollment Clinics

**Dates:** Mondays, October 19 - December 7

**Time:** 9:00 a.m. – noon

**Cost:** FREE, but please register in advance

Medicare Users: Can you save money by changing your drug or health plan? The Medicare Open Enrollment Period for reviewing or changing plans is from Oct. 15 to Dec. 7. Reserve an appointment for your free, unbiased health insurance plan comparison with a Boulder County Medicare Counselor. Schedule your appointment by calling the Longmont Senior Center front desk at 303-651-8411. Remember to bring your complete list of prescription drugs, your Medicare card, and your current prescription drug plan card (if applicable).

### Need Help with your Heating Costs?

Registration #484510.15

**Date:** Thursday, November 5

**Time:** 10:00 – 11:30 a.m.

**Cost:** FREE, and please registration in advance.

Is your heating bill out of control? It might be time for you to find out if you are eligible for the following program. There will be representatives from LEAP (Low-income Energy Assistance Program) providing a 15 minute presentation, as well as helping anyone with the completion of the application. Ask the front desk for a list of items you need to bring to the presentation in order to complete the paperwork.

### Investment workshops

Registration # 484512.00

**Date:** Wednesdays, Sept 2 - 16

**Time:** 10:00 – 11:30 a.m.

**Cost:** FREE, and please registration in advance.

What questions do you have about your investment portfolio? This 3-part series is a relaxed discussion to answer your questions. Week 1: Foundations of Investing- We will discuss the importance of developing a strategy and the impact of asset allocation and inflation. Week 2: Investor's Tour of Mutual Funds- We will explore foundational knowledge about mutual funds. Week 3: Preparing for the Unexpected- We will examine how to develop a proactive strategy for protection.



## Wellness & Health Education

### Lunch Bunch

**Mondays, 11:00 a.m. – 1:00 p.m.**

Cost: FREE, but please register in advance with Brandy Queen at 303-651-8414

This weekly supportive group is for those in the early to moderate stages of memory loss who are beginning to have some difficulties with the complexities of everyday living. It is an opportunity for engaging in conversation, socializing, and stimulating activities. Caregivers also attend along with those with memory loss. The group meets at Atria Longmont. Call Brandy at 303-651-8414 to discuss joining the Lunch Bunch. Thanks to: Atria Longmont, Home Care of the Rockies, Home Well Senior Care, and Boulder County CareConnect.

### A Research Update from the Alzheimer's Association

Registration #485041.00

**Date: Tuesday, September 1**

**Time: 2:00 p.m. – 3:00 p.m.**

Cost: FREE, but please register in advance

Karen Moravek, MSW, from the Alzheimer's Association and Helen Gray, research assistant in the Memory Disorders Unit at the University of Colorado School of Medicine, who works for Dr. Huntington Potter, will be presenting on current research around Alzheimer's disease and medication research.

### Project Visibility Training

**Dates: Tuesday, September 8**

**Time: 9:45 a.m. – 3:00 p.m.**

Cost: FREE, and register in advance (see below)

Project Visibility is a free, dynamic cultural competency training that addresses the particular needs and strengths of lesbian, gay, bi-sexual, and transgender (LGBT) older adults provided by Leslie McCormick, LPC, R-DMT, from the Boulder County Area Agency on Aging. Award-winning and the first of its kind in the nation, the training features a film that highlights the experiences of local LGBT older adults. Project Visibility offers professional caregivers, lay caregivers, and others engaged in the lives of elders information, perspectives, and practical

tips for working competently with this often invisible population. To register for the training, e-mail or call at [lmccormick@bouldercounty.org](mailto:lmccormick@bouldercounty.org) or 303-441-4518 no later than 12:00 p.m. on Thursday, September 3. You must be registered by the deadline to be admitted to the training.

### You Can Become a Savvy Caregiver

Registration #485043.00

**Dates: Wednesdays, September 9 – October 14**

**Time: 6:00 – 8:00 p.m.**

Cost: FREE with suggested donation

This training program teaches an understanding of dementia and strives to increase caregiver confidence while reducing the adverse effects of caregiving. It focuses on helping caregivers to acquire and strengthen their knowledge, skills and attitudes for this role and teaches caregivers how to manage and care for themselves day-to-day. This is a 6 week course led by Jessica O'Leary, MA, CVW, a Gerontologist and specialist in dementia. Please note that this course is for those taking care of a loved one and not for professional caregivers; it is also for caregivers of those with early- or mid-stage dementia. A donation of \$10.00 is asked for materials to help participants learn. Attendance at all classes is required, and class size is limited.

### Longmont Parkinson's Support Group - Evening Discussion Series

**Dates: Mondays, September 14, October 19, and November 16**

**Time: 6:00 – 7:00 p.m.**

Join members of the Longmont Parkinson's Group for an evening session. Members will discuss recent events related to Parkinson's disease as well as research and review materials on the Internet. This group also features an online component via Google Hangouts for anyone who wants to participate in the evening session but is unable to travel to the Longmont Senior Center. For more information or to get an invitation to Google hangouts, contact Tom Hubner at 303-678-7089 or [thub321@yahoo.com](mailto:thub321@yahoo.com).





## *Lifelong Learning Classes & Programs*

### **Conflict Resolution & Getting Along with Difficult People**

Registration #485044.00

**Dates: Tuesdays, October 6-27**

**Time: 10:00 – 11:30 a.m.**

Cost: \$15.00 resident, \$18.00 non-resident

Presenter Bobbi Nesheim, PhD., will show how conflict is a natural part of human interaction. It is sometimes seen as a negative yet conflict often brings creative solutions and growth, allowing all parties to experience more satisfying levels of relationship. Discover how attitude, beliefs and non-working techniques can be understood and rewired when necessary. Decrease your frustration with yourself and others. This participatory class is designed to pinpoint 'hot spots' and suggest new paradigms. Join us and become delighted in your new-found strengths.

### **Adjusting to Life's Changes: A Support Group**

**Dates: Thursdays, October 8 – December 3**

**Time: 4:00 – 6:00 p.m.**

Cost: FREE, but please register in advance with Brandy Queen at 303-651-8414

Not all losses are about death- adjusting to life's changes can involve many kinds of loss. If you are struggling with retirement, downsizing, decreased independence, changes in your abilities, or an accumulation of losses over the years, this is the group for you. We can work together to find a "new normal" in life. Our sessions are all confidential. Peer Counselors Elaine Keiser and Susan Turner will facilitate this group.

### **Loss of a Pet: Grief Support Group**

**Dates: Thursdays, October 8 – 29**

**Time: 4:00 – 6:00 p.m.**

Cost: FREE, but please register in advance with Brandy Queen, 303-651-8414

Losing a pet can be as significant as any other loss in life. There are many aspects of this loss that differ from other kinds of grief. Our group provides an opportunity to learn how to deal with your grief in the company of others who share your journey of losing a companion pet. Sessions are all confidential. Peer counselors Nancy Beaudrot and Joan Wernick will facilitate this group.

### **Grief Recovery Support Group**

**Dates: Mondays, October 19 – December 7**

**Time: 3:00 – 5:00 p.m.**

Cost: FREE, but please register in advance with Brandy Queen, 303-651-8414

Are you 55+ and have lost someone close to you? Join others along with experienced counselors who will help you as you recover your balance. This is an opportunity to learn how to deal with your grief in the company of others who share your journey. Our sessions are all confidential. Peer counselors Sara Beery and June Sullivan will facilitate this group.

### **Bestowing Our Blessings**

Registration #485045.00

**Dates: Tuesdays, October 27 – November 10**

**Time: 4:00 – 5:30 p.m.**

Cost: \$20.00 resident, \$25.00 non-resident

Presented by Kim Mooney of Practically Dying. Everything we learn in life has taught us lessons and values that shape our hopes and dreams for those we love. The greatest legacy we can leave is the benefit of our wisdom surrounded with the caring that we hope will always support and guide them. Creating a legacy letter is simple but it is one of the most important and treasured gifts you can give your family and friends. In our three-part series, we'll talk about what it is we have to pass on and then work on creating this gift in a very personalized form.

### **Managing Dis-tress and Dis-ease**

Registration #485046.00

**Dates: Tuesdays, November 3, 10, 17  
& December 1 & 8**

**Time: 10:00 – 11:30 a.m.**

Cost: \$ 15.00 resident, \$18.00 non-resident

Presented by Bobbi Nesheim, PhD. Stress is a part of everyday life. Without it, you would cease to exist. Stress becomes dis-tress when your physical, emotional and psychological experiences exceed your ability and/or your resources to handle them. Learn about the myths and facts of dis-tress, how to deal with your own dis-stress and avoid taking on the dis-stress of others and the world at large. Invite and invent new ways of teaching the body to incorporate techniques that will allow you to face stress and retain health and peace of mind.



## Falls Prevention Week September 21 - 25

Falls can change your life, and throughout Falls Prevention Week, by partnering with educators and medical professionals, we are offering you free classes to help prevent falls and change your life for the better. Maintain your independence!

### Core Strengthening for Everyone!

Registration #485047.00

**Date: Monday, Sept. 21**

**Time: 10:00 – 11:00 a.m.**

**Cost:** Free, please register in advance

Core Strengthening – we’ve all heard those buzz words, but you aren’t exactly sure what they mean.

“What if I have back pain?” “What if I’ve had a stroke?” “I have Parkinson’s Disease. Can I still strengthen my core?” The answer to all of these is YES! Sometimes exercises need to be modified for a particular problem or dysfunction, but we can always find a way to increase our core strength. Having a stronger and more stable core can be the foundation to increased balance and stability. Just like the Leaning Tower of Pisa, if we don’t have a strong and stable foundation, it can affect the rest of our structure! A strong foundation can increase strength and stability of arms, legs, or neck, help to decrease pain, and make walking or lifting easier. Join us to find out how you can incorporate these principles and exercises into your routine!!

During this introduction to core strengthening we will investigate the components of core strength, look at various programs that focus on core strength and have a take home exercise program at the end. Be prepared to try some core exercises while sitting in your chair. Presenter is: Julie Blaser, PT, MSPT - Physical Therapist and Certified Pilates Instructor at Longmont United Hospital.

### What Can I Do for You?

Registration #485048.00

**Date: Monday, Sept. 21**

**Time: 1:00 – 3:00 p.m.**

Registration #485049.00

**Date: Thursday, Sept. 24**

**Time: 10:00 a.m. – Noon**

**Cost:** Free, please register in advance

Boulder County CareConnect (BCCC) provides volunteer-powered safety net services that help seniors in need. Our Fix-It Program provides home repairs that help decrease the risk of falling and make homes safer. Skilled Fix-It volunteers install grab bars, fix walkers and wheelchairs, repair lamps and switches, and much more. Representatives from BCCC will give a presentation of their services and will enroll new clients during this time.

### Low Vision and Balance

Registration #485050.00

**Date: Tuesday Sept. 22**

**Time: 1:00 – 2:00 p.m.**

**Cost:** Free, please register in advance

Learn more about dealing with low vision and coping skills when you have low vision from Emma Linne, occupational therapist from Summit Rehab at Life Care Center of Longmont. Emma will present tips and strategies for daily living with low vision and difficulty with depth perception. And, provide additional information about setting up your home for safer living, which you’ll find “insightful”.

**Additional Fall Prevention Programs on pages 30 & 31**

*\*Please note: All activities with a number require advance registration.*



## Lifelong Learning Classes & Programs



### Let's Solve this Puzzle; Drugs and Tumbles

Registration #485051.00

**Date: Tuesday, September 22**

**Time: 3:00 – 4:00 p.m.**

Cost: Free, please register in advance

Do you know if your medications are putting you at risk for falling? Over 1/3 of people who are over the age of 65 fall every year, leading to poor health outcomes. Unfortunately, many people are unaware that their medications may be contributing to their fall risk! Understanding your medications can help minimize the risk of falling. Please join us for this informational session led by students from the University Of Colorado Denver School Of Pharmacy, and learn what medications most commonly put us at risk of falling, how they put us at risk, and ways to minimize the risk.

### Balance Screenings

Registration #485052.00

**Date: Wednesday, September 23**

**Time: 10:00 a.m. – 4:00 p.m.**

Cost: Free, please register in advance

Are you a "fall risk" person? Receive a personalized fall risk assessment completed by a licensed physical therapist. The physical therapists from Summit Rehab at Life Care Center of Longmont will provide an assessment that includes an evaluation of environmental risk factors, balance confidence, muscle strength, balance, and gait abilities. Spend time discussing your individual fall risk score with a physical therapist. Pre-registration is preferred, please call: 303-651-8411 for an appointment. Or if you are unable to make an appointment, stop by and see if they can fit you in.

### Cognition and Falls Prevention

Registration #485053.00

**Date: Wednesday, September 23**

**Time: 10:00 – 11:00 a.m.**

Cost: Free, please register in advance

Every day, we multitask constantly as we perform different activities around the home, at work, and out in the community. Whether it's walking while talking on the phone, having a conversation with your passenger as you drive your car, or even watching the evening news as you cook your dinner, multitasking plays a large role in our daily lives. Join us for a discussion of the intersection of cognition and walking and balance. We will also discuss how addressing problems in the cognitive domain can improve safety awareness and reduce fall risks. Presented by John Dean, MA CCC-SLP

### I've Fallen and I Can Get UP!

Registration #485034.00

**Date: Thursday, September 24**

**Time: 10:00 – 11:30 a.m.**

Cost: Free, please register in advance

Learning the things you can do to improve and maintain balance is critical for staying out of the hospital due to falls. In addition to learning some skills and elements of balance, you'll learn about the safest way(s) to get on/ off the floor, and why it is important to get off the floor following a fall vs. laying there and waiting for help. This class will improve your confidence so that you can feel comfortable getting on and off the floor to join your grandkids for play time or work on your favorite gardening project. Come ready to practice! Loose fitting clothing and sturdy shoes are recommended. Presented by Stephanie Dunn, physical therapist, who is a board-certified geriatric clinical specialist from The Summit Rehab at Life Care Center of Longmont.





## Foot Care, Foot Pain, Orthotics and Balance

Registration #485054.00

**Date: Thursday, September 24**

**Time: 1:30 – 2:30 p.m.**

Cost: Free, please register in advance

As we age, it becomes more important to ensure proper care of our feet. Whether it's managing existing foot/ankle problems, making sure of proper shoe fit or considering between a store bought shoe insert and a custom orthotic, there is a myriad of information available. Foot and lower extremity problems could potentially contribute to balance difficulties, which can increase the risk for falls. We will provide you education and recommendations based on sound research and clinical findings to help you. Presenter: Marc Cohen, PT, DPT – Physical Therapist at Longmont United Hospital.

## Calling 911 for Falls or Emergencies

Registration #485055.00

**Date: Thursday, September 24**

**Time: 3:00 – 4:00 p.m.**

Cost: Free, please register in advance

Public Safety staff; Safety Education Coordinator, Michelle Cherniske and Firefighters (if they are available) will be here to talk with you about the response teams that show up at your door if you make a "911" call. What should you expect? What information do you need to know? How long will a response take? When is it appropriate to call? What if you don't want to go in an ambulance after they arrive, what are the options then? This talk may help you with that critical decision that needs to be made. Come talk with emergency responders when it is not an emergency to find out their advice on to call or not to call.

## Park Walk with Pedometers

Registration #485056.00

**Date: Friday, September 25**

**Time: 10:30 – 11:30 a.m.**

Cost: Free, please register in advance

Staff from Summit Rehab at Life Care Center of Longmont will teach you how to use pedometers, also known as step counters. There are so many available on the market these days, learning how to use them and tracking your steps can lead to a healthier you with better balance! Join us for a walk around Roosevelt Park.

## Dizziness, Balance and Falls Prevention

Registration #485057.00

**Date: Friday, September 25**

**Time: 1:30 – 2:30 p.m.**

Cost: Free, please register in advance

Stephanie Dunn, physical therapist from Summit Rehab at Life Care Center of Longmont, will present ways to minimize the dangers of falls as teaching a few simple exercises you can do to improve balance. Treatment options for dizziness and vertigo will also be discussed. You'll be surprised by the statistics about falls that will be shared, as well as learning what the risk factors are and then tips to minimize your risks.

## Matter of Balance

**Dates: Tuesdays, September 29 – November 17**

**Time: 1:30 – 3:30 p.m.**

Cost: See information below

Are you afraid of falling? Have you stopped doing the things you enjoy? Join the Matter of Balance class and learn ways to decrease your fear, increase your activity levels and make changes to reduce your risk of falling. Classes meet once a week for two hours. This eight week program is sponsored by Boulder County's Area Agency on Aging. To register, or for information on additional locations, please call 303-441-3599 or email [mp Pruitt@bouldercounty.org](mailto:mp Pruitt@bouldercounty.org). Classes are free to Boulder County residents 60 and over and their caregivers; however, donations to help cover expenses are appreciated. Class size is limited.

## Glowing Skin at Any Time & Any Age

Registration #485058.00

**Dates: Thursday, October 29**

**Time: 12:30 – 2:00 p.m.**

Cost: \$6.00 resident, \$7.00 non-resident

Our skin is often a mirror of our health. There are many simple and inexpensive ways to improve both: health and the look of the skin. Urszula Bunting, Holistic Health Coach and Yoga Instructor, is going to show you how to take care of your skin from outside using cosmetics that you can find in your pantry and from inside choosing food that will make your skin glowing and your body vibrant.



**AgeWell**

A SERVICE OF LONGMONT UNITED HOSPITAL

*Autumn 2015 Programs* at the Longmont Senior Center

**Call 303-651-8411 to register; 303-651-5080 for further information.**

### Meditation

Registration #485015.09

**Thursdays, September 3, 10, 17, 24**

Registration #485015.10

**Thursdays, October 1, 8, 15, 22**

Registration #485015.11

**Thursdays, October 29, November 5, 12, 19**

**Time: 10:00-11:30 a.m.**

Cost: \$32.00 resident, \$38.00 non-resident

The purpose of the meditation instruction is:

- Rest and relaxation
- Clarity and focus of the mind
- Releasing suppressed/repressed emotions from the mind
- Experiencing peace, love and joy within.

In each session Yogacharya Dharmananda will offer different techniques for meditation, to help you discover which one suits you best. The techniques will generally include exercises for breathing, visualization, memory stimulation, transforming negative emotions to positive ones, devotion, and silent observation of the activities of the mind. Swamiji is a preeminent scholar and teacher of the Science of Yoga, Hindu Philosophy and Comparative Religion.

### Advance Directives

Registration #485018.09 **Thursday, September 10**

Registration #485018.10 **Thursday, October 8**

Registration #485018.11 **Thursday, November 12**

**Time: 9:30-11:00 a.m.**

Cost: \$5.00 resident, \$6.00 non-resident

Please note: These are separate classes, not a series.

There is no better time than the present to consider and clarify your wishes for medical treatment in the event you become incapacitated. Preparing documents expressing those wishes ahead of time is a true gift to yourself, as well as your loved ones and your physician, relieving them of the uncertainty of how you want to be treated. In this class, we will review the various documents related to advance planning (medical power of attorney, living will, Five Wishes, CPR Directive, MOST) and provide you with the necessary materials. Facilitated by Peggy Arnold, M.A., Program Coordinator of AgeWell.

### Improving Nutrition

#### when You're Cooking for One (or You're Just Sick of Cooking!)

Registration #485101.00

**Date: Thursday, September 17**

**Time: 9:30-11:00 a.m.**

Cost: FREE, and please register in advance.

Are you tired of processed foods, but have a limited budget, energy and inspiration to prepare healthy home-cooked meals, especially if you live alone? Mary Calaci, CN, Nutritional Health Coach at Longmont Vitamin Cottage, and Victor Skaggs, "Master Ager" at 90-something, are here to share some tips for creating healthy, quick, convenient meals.

Understanding how the body works and the critical role nutrition plays in the body's structure and functioning is Mary's passion. She shares her knowledge through free individual nutrition coaching sessions and group classes at Natural Grocers, as well as for the Longmont community. Victor was a pastor and administrator for 40 years. After his wife died, he discovered that he could lean away from "Lean Cuisine" and provide much healthier options for himself. He has survived multiple medical challenges and is still going strong thanks to his self-care skills.

### What's Next for My Body?

Registration #485102.00

**Date: Thursday, October 22**

**Time: 9:30-11:00 a.m.**

Cost: FREE, and please register in advance.

Explore alternative options for the handling of your body when your earthly journey is complete. Learn about choices that are less resource and energy intensive than conventional burial, and some that are the ultimate in recycling. Knowing all of your options for "body disposition" will help you make decisions for yourself and your loved ones that are consistent with the legacy you want to leave.

Bev Boyer, RMT is co-founder of Peak Research Institute, a non-profit organization dedicated to education and research utilizing human (cadaver)



donors. As a massage therapist with LUH's Health Center of Integrated Therapies, Bev appreciates the gift others make to enhance the understanding of both the science and art of caring for and working with the human body. Sue Mackey is the director of Out of the Box Funeral Planning, advocating for and educating those who are interested in being proactive about planning for their "final exit." She specializes in alternative funeral planning and in the creation of comprehensive health care advance directives that reflect one's deepest values. She also serves as an educator with Natural Transitions, works with Family Hospice, is on the board of Conversations on Death, and volunteers with The Conversation Project and the Death Café coalition.

## Food for Thought: Seasonal Stories of Serendipity

Registration #485104.00

**Date: Thursday, November 12**

**Time: 3:30-5:00 p.m.**

Cost: \$2.00 resident, \$2.50 non-resident

In celebration of the harvest and in preparation for Thanksgiving, our thoughts turn to all kinds of elaborate cuisine. What better way to expand those tasty thoughts and stretch our imaginations than through story! And the stories in this program surround unintentional, fortunate discoveries that can help us appreciate unexpected endings.

- What happens when a mistake turns into a joyful meal?
- How often do we accept opportunities for adventure right in our back yard?
- Do we really know who's hungry and who's not this time of year?

Answers to these questions could be yours as we acknowledge the season with stories that might leave you wanting a little serendipity in your own life.

For over 25 years, Kathleen Santopietro Weddel has told adult stories for businesses, schools, churches, libraries, health care facilities, and personal parties. She is also an adult educator with a background in English as a Second Language. Kathleen is a member of the National Storytelling Network, Rocky Mountain Storytellers, and the Northern Colorado Storytellers.

## FILM - Go in Peace!

Registration #485103.00

**Date: Tuesday, November 10**

**Time: 9:30-11:00 a.m.**

Cost: FREE, and please register in advance.

Veterans are an invisible population for many of us, and the soul wounds of those who have experienced war are equally invisible. In honor of Veterans' Day, we invite you to view *Go in Peace!*, a documentary about the role caregivers can play in healing the soul wounds of veterans with PTSD, or Post Terror Soul Distress, as it is renamed by Dr. Ed Tick in the film. The film provides a framework for understanding the challenges of working with veterans at end of life, revealing seven steps we all can take to open up a path for their healing. The film features director of *Soldier's Heart* and best-selling author and veterans' care expert, Dr. Ed Tick, and Deborah Grassman, NP, author and founder of *Opus Peace*. While the film focuses mainly on veterans who are patients at end of life and their caregivers, there are teachings that are applicable to veterans at any stage of life and for all of us who care.

Karen van Vuuren is a former broadcast news journalist who has worked in radio and television in Europe and Asia. Since moving from the UK to the US, van Vuuren has pursued her interest in end-of-life issues, working in the fields of hospice and elder care, while producing educational media. In 2007, she directed *Dying Wish* ([www.dyingwishmedia.com](http://www.dyingwishmedia.com)) a film about a dying doctor's decision to stop eating and drinking to ease his death and die with grace. *Go in Peace!* ([www.goinpeacefilm.org](http://www.goinpeacefilm.org)) is her new documentary, and Karen will join us for a discussion of the film. She is the founder and executive director of educational non-profit, Natural Transitions ([www.naturaltransitions.org](http://www.naturaltransitions.org)), supporting conscious, holistic approaches to end of life, and the editor of the organization's biannual magazine.

## Flu Shot Clinic

Due to the large number of early flu shot clinics available in this area, *AgeWell* is no longer providing these clinics at the Longmont Senior Center. Please be proactive and preventive by getting your shots elsewhere, and support your local community businesses in the process.





## Wellness & Health Services

### Wellness & Health Services provided by AgeWell

Office Hours: Mondays 9:00 a.m. – noon & Tuesdays through Thursdays 9:00 a.m. – noon & 1:00 – 4:00 p.m.  
Closed: Fridays  
Telephone: 303-651-5080  
Location: Longmont Senior Center



### Wellness Clinic - *The Nurse Is In!*

**When:** Every Monday

**Time:** 9:00 a.m. – noon

WALK-IN – OPEN TO ALL

NO APPOINTMENT NECESSARY

We focus with you on your wellness goals and support you in achieving them. Be proactive and preventive about your health care by stopping by our office to explore the possibilities with our nurse, who can check your vital signs as well. If you need more time, you can schedule a wellness consult with the nurse.



### Therapeutic Services

Various forms of massage therapy to meet your unique needs are offered at the *AgeWell* office. Detailed information describing the therapies, fees, and schedules is offered there. Please stop by or call 303-651-5080 to schedule an appointment.

### Advance Planning

#### Assistance Services

We can help you review and update your advance medical directives (living will, medical power of attorney, Five Wishes) or provide you with new documents. We can also discuss ethical wills and other forms of personal legacies, if you wish. Call 303-651-5080 for an appointment with the *AgeWell* Program Coordinator.

### Foot Care Clinic

**Date:** 2nd & 4th Fridays

**Time:** Noon – 4:45 p.m.

**Cost:** \$45.00 for 1st assessment, \$32.00 for follow-up visits (*There is an extra charge for home visits or special needs*).

Foot care is offered by a registered nurse and includes short foot massage, foot bath, and nail and callous care. Perfect for those with diabetes and anyone who may have special foot care needs. Other times also available at alternate sites. Call Summer Cares LLC at 303-651-5224 for an appointment.

### Chronic Pain Support Group

**Dates:** 1st Tuesday, Longmont Senior Center

3rd Saturday, Longmont United Hospital

**Time:** 1:00 – 3:00 p.m.

This group was created to support anyone suffering from the stress or discomfort of chronic pain, regardless of its origin, by providing different pathways to relief, inspiring new understanding and acceptance, and encouraging the enjoyment of each individual life. Please join us as we seek alternative and collaborative methods to healing and relief. For further information, contact Jen Radke, RN, Group Facilitator, 303-651-5245.



## Exercise & Fitness Classes at The Senior Center

CLASS	ACTIVITY #	DAYS/TIME	DATES	COST
<b>SilverSneakers Classic</b>	Membership or Drop-in	Mon. and Fri. 8:00 – 8:45 a.m.	Ongoing	\$36 for 18 classes \$20 for 10 classes Free for SS pass holders
<b>SilverSneakers Circuit</b>	Membership or Drop-in	Wednesdays 8:00 – 8:45 a.m.	Ongoing	\$36 for 18 classes \$20 for 10 classes Free for SS pass holders
<b>SilverSneakers Yoga</b>	Membership or Drop-in	Tues. 11:00 -11:45 a.m. Thur. 8:00 – 8:45 a.m.	Ongoing	\$36 for 18 classes \$20 for 10 classes Free for SS pass holders
<b>Core Strengthening</b>	486018.09 486018.10 486018.11	Tuesdays 8:30 – 9:15 a.m.	Sept. 1 - 29 Oct. 6 - 27 Nov. 3 - 24	\$25(R) \$30 (NR) \$20(R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Feldenkrais® Regain Youthful Movement</b>	486019.09 486019.10 486019.11	Tuesdays 10:00 – 11:00 a.m.	Sept. 1 - 29 Oct. 6 - 27 Nov. 3 - 24 Single class fee	\$40 (R) \$48 (NR) \$32 (R) \$38 (NR) \$32 (R) \$38 (NR) \$9 (R) \$11 (NR)
<b>Line Dance, Beginning</b> <i>No class Nov. 11</i>	486004.09 486004.10 486004.11	Wednesdays 1:45 – 2:45 p.m.	Sept. 2 - 30 Oct. 7 - 28 Nov. 4 - 25	\$25 (R) \$30 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Line Dance, Advanced</b>	486013.09 486013.10 486013.11	Tuesdays 1:30 – 2:30 p.m.	Sept. 1 - 29 Oct. 6 - 27 Nov. 3 - 24	\$25 (R) \$30 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Nordic Walking</b>	486014.09 486014.10 486014.11	Sept. - Thursdays 8:30 – 9:30 a.m. Oct. & Nov. -Thurs. 2:00 – 3:00 p.m.	Sept. 3 - 24 Oct. 1 - 29 Nov. 5 - 19	\$20(R) \$24 (NR) \$25 (R) \$30 (NR) \$15 (R) \$18 (NR)
<b>Pilates</b> <i>No class Sept. 7</i>	486005.09 486005.10 486005.11	Mondays 12:30 – 1:30 p.m.	Sept. 14 – 28 Oct. 5 – 26 Nov. 2 – 30 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$40 (R) \$48 (NR) \$9 (R) \$11 (NR)
<b>Pilates</b> <i>No class Nov. 11</i>	486006.09 486006.10 486006.11	Wednesdays 12:30 – 1:30 p.m.	Sept. 2 - 30 Oct. 7 - 28 Nov. 4 - 25 Single class fee	\$40 (R) \$48 (NR) \$32 (R) \$38 (NR) \$24 (R) \$29 (NR) \$9 (R) \$11 (NR)
<b>Wu Tai Chi, Beginning</b>	486008.09 486008.10 486008.11	Wednesdays 4:00–5:00 p.m.	Sept. 2 - 30 Oct. 7 - 28 Nov. 4 - 25 Single class fee	\$40 (R) \$48 (NR) \$32 (R) \$38 (NR) \$24 (R) \$29 (NR) \$9 (R) \$11 (NR)
<b>Wu Tai Chi, Advanced</b>	486010.09 486010.10 486010.11	Wednesdays 5:00–6:00 p.m.	Sept. 2 - 30 Oct. 7 - 28 Nov. 4 - 25 Single class fee	\$40 (R) \$48 (NR) \$32 (R) \$38 (NR) \$24 (R) \$29 (NR) \$9 (R) \$11 (NR)
<b>Yoga for Active Adults</b> <i>No class Sept. 7</i>	486009.09 486009.10 486009.11	Mondays 2:00 – 3:00 p.m.	Sept. 14 – 28 Oct. 5 – 26 Nov. 2 – 30 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$40 (R) \$48 (NR) \$9 (R) \$11 (NR)
<b>Zumba Gold®</b>	Drop-in	Tues. 9:30 – 10:30 Thurs. 12:30 – 1:30	Ongoing	\$36 for 18 classes \$20 for 10 classes

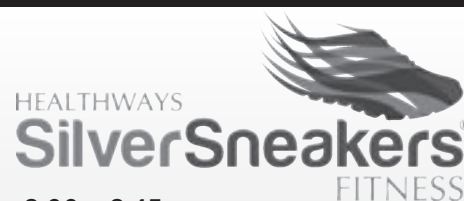
\*Please note: All activities with a number require advanced registration.



## Exercise

### ***Big Announcement:*** ***Starting in September, SilverSneakers is*** ***now available at the Longmont Senior Center.***

We will be offering: SilverSneakers - Classic on Mondays and Fridays, 8:00 – 8:45 a.m.  
SilverSneakers – Circuit on Wednesdays, 8:00 – 8:45 a.m.  
SilverSneakers – Yoga on Tuesdays at 11:00 – 11:45 a.m. and Thursdays 8:00 – 8:45 a.m.  
*Please see the class descriptions below.*



***For those not participating in SilverSneakers membership, you can pay the drop in fee and take the same classes.***

The SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. This fitness program offers SilverSneakers® members attendance at signature SilverSneakers® classes which are specifically designed for older adults and taught by certified instructors.

### **SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

### **SilverSneakers® Yoga**

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### **SilverSneakers® Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### **Core Strengthening**

Using a variety of equipment such as balls, bands, steps, mats on the floor and standing, you'll learn ways to strengthen and stretch your core muscles which keep us upright, walking, bending, and moving in a healthy manner. No aerobics, just working on muscles, alignment, and being strong for our daily chores and routines.



### **Feldenkrais®:** **Regain Your Youthful Movement**

As we age, our abilities decline thereby compromising our balance, range of motion and our adaptability to new situations. Turn back the clock with Feldenkrais lessons. Each Feldenkrais class explores a new movement sequence that invigorates your brain and nervous system with new ways of organizing and sensing your movement. The result? A more youthful feeling of movement, improved balance and better outlook on life.

### **Beginning Line Dance**

Are you looking for fun? Look no further. Join Terry Wallace, your instructor, in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The benefits of line dancing are many — control high blood pressure and cholesterol, manage stress, strengthen bones and muscles without hurting your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once. Check out one of our most popular classes!

### **Advanced Line Dance**

If you have been taking Terry's line dance for some time, or are experienced at line dance steps and can move along to the faster tunes, this is for you. Terry will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above in the beginner class.





## Nordic Walking

Nordic walking is defined as fitness walking with specially designed light-weight poles. Two of the best things about it is that it can be done anywhere; sidewalks, trails, parks, and in any kind of weather. Learning the correct technique allows you to "open up" the short and tight muscles in front of the body (hip flexors, pectorals and shoulder muscles), and strengthen weak muscles in the back of the body (calves, hamstrings, glutes, back and triceps). By sitting too much, we create this front/back imbalance.

## Pilates

Discover this popular modality of core strengthening and improve your flexibility, relieve joint pain, and increase your peace of mind and breathing capacity. Kathy Kerr, certified Pilates instructor, will give you individual attention and focus. All levels of fitness welcome. Most work will be done on the floor on a mat.

## Beginning Wu Tai Chi

Tai Chi is an ancient Chinese art consisting of relaxed, slow movements that serve to release tension in the body and enhance posture, balance, and strength. In the beginning level you'll learn the basic movements to achieve good body alignment, balance, and coordination. Taught by Lillian Koenigsberg.

## Advanced Wu Tai Chi

At the advanced level, you'll learn movements that will challenge your coordination and mental, emotional, and physical balance. In addition to that, you'll learn techniques that require the relaxation of the large outer muscles and the use of smaller inner or structural muscles. Previous enrollment in Wu Tai Chi required. Lillian Koenigsberg will advise you if you have the skills to enroll in the advanced lessons.

## Yoga for Active Adults

Experience for yourself how yoga is a great way to improve total well-being. Flexibility, strength, balance, breathing, and relaxation will be taught. Participants should be able to get up and down off the floor, since we explore reclining, sitting, and standing poses. Please bring 1 sturdy blanket or 2 large beach towels and a yoga mat, if you have one. New students please come to the first class 10 minutes early. Instructor: Gwyn Cody.

## Zumba Gold®

The easy to follow program that lets you move to the beat at your own pace. It's an invigorating group dance-fitness class that feels fresh, and most of all energizing! Zumba Gold provides modified, low impact moves for active older adults. Get rid of stress, improve your cardio fitness and balance by moving with the music and our instructor, Ana "Neney" Sheffield.

### **Exercise Scholarship Funds are Available**

The Friends of the Senior Center provide up to \$150 a calendar year for each qualified individual to use toward exercise and fitness classes offered at the Longmont Senior Center. See the front desk staff to complete a brief application. *See page 1 for more information.*

## Senior Exercise Classes at St. Vrain Memorial Building

### Senior Conditioning

Learn the basics behind strength training, by working on different muscle groups and learning proper techniques and body alignment. You will work with various types of equipment such as balls, bands and hand weights and learn things you can do at home, too. This class gives you an "all in one" workout and may even include some mild cardio to get your heart rate elevated in addition to building and toning muscle. (Drop in \$3.50)

**Times:** Tues & Thurs, 8:00 -9:00 a.m.

**Location:** St Vrain Memorial Building, 700 Longs Peak Ave

**Fee:** Daily Admission, \$4.00 resident,  
\$5.00 non-resident, or use Recreation pass

### Strength Training

Increase bone mass and muscle strength and reduce the risk of osteoporosis while learning to improve your strength, balance and posture and reduce risk from injury by building and toning muscles. Please note: must have previously taken the Senior Conditioning class or receive permission from the instructor. (Drop in \$3.50)

**Times:** Tues & Thurs, 9:15-10:15 a.m.

**Location:** St Vrain Memorial Building, 700 Longs Peak Ave

**Fee:** Daily Admission, \$4.00 resident,  
\$5.00 non-resident, or use Recreation pass



## SilverSneakers® Fitness Program

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission.

SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, and St Vrain Memorial Building, and the Senior Center.

HEALTHWAYS

**SilverSneakers®**  
FITNESS



**To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center to get signed up!**

### SilverSneakers® Orientation

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: **Thurs, 9am September 3, October 1, November 5, December 3**  
**Thurs, 2pm September 17, October 15, November 19, December 17**

Location: **Longmont Recreation Center,**  
310 Quail Road

Fee: **FREE – registration required.**

### SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

Days/Times: **Tuesdays & Thursdays, 8:45-9:30 a.m.**

Location: **Longmont Recreation Center**

Days/Times: **Mondays & Fridays, 8:00-8:45 a.m.**

Location: **Longmont Senior Center**

### SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Days/Times: **Mon & Wed, 9:15-10 a.m.**

**Wed & Fri, 10:15-11 a.m.**

**Fri, 11:15am-12pm**

Location: **Longmont Recreation Center**

Days/Times: **Tuesdays, 11:00-11:45 a.m. and**

**Thursdays, 8:00-8:45 a.m.**

Location: **Longmont Senior Center**

### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Days/Times: **Tue & Thur, 9:35-10:20 a.m.**

Location: **Longmont Recreation Center**

Days/Times: **Wednesdays, 8:00-8:45 a.m.**

Location: **Longmont Senior Center**

### SilverSneakers® Cardio

Get Up & Go with an aerobics class for you-safe, heart-healthy and gentle on the joints. The workout includes easy to follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Days/Times: **Wed, 1:30-2:15 p.m.**

### SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Days/Times: **Mon & Thur, 10:15-11 a.m.**

### SilverSneakers® Social - Holiday Potluck

**Friday November 20, 12-1:30 p.m.**

Location: **Longmont Senior Center Gym**

Bring your favorite holiday dish to share & mingle with other SilverSneakers® members! Join us for this fun gathering with friends before the busy holiday season begins! Recipe Exchange- have copies of your recipes to share with everyone!



**Beginning in September 2015, the SilverSneakers® Fitness program will be expanding to the Longmont Senior Center!**

Check out the SilverSneakers® classes at this location! See page 36.

## Drop-in Sports & Organized Sport Leagues



### Pickleball

Indoor courts at the Longmont Recreation Center, 310 Quail Rd. Longmont CO

**Date: Mondays – Thursdays**

**Time: 2:00 – 4:00 p.m.**

Check out this fun, unique game. It is best described as a hybrid of tennis and badminton. Your SilverSneakers® pass will work for payment for pickleball. Or, if you prefer, use an activity card or drop-in fee; payable at the front desk of the Recreation Center.

There are also **outdoor pickleball** courts at Collyer Park, located at 6th & Collyer. Drop-in pickleball happens there on Monday mornings, 9:00 -11:00 a.m., as well as anytime you choose to play when the courts are available during the summer and fall as long as weather permits. No charge for the outdoor parks and courts.

### Table Tennis

**Date: Wednesdays and Fridays**

**Time: 9:15 – 11:00 a.m.**

Cost: 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

**NEW – A 3rd table is available for play**



### Volleyball Teams

Calling all volleyball players! The Colorado Senior Volleyball Association begins the fall leagues on September 2. This league is for age 50+ Coed volleyball teams throughout the Front Range metro area. If you are interested in joining a team in the Colorado Association of Senior Volleyball, teams will be practicing on Mondays from 12:30 to 2:30 p.m. at the Longmont Recreation Center. Matches are hosted on Wednesday afternoons, at home and throughout the Front Range. Call Theresa for more information, 303-651-8578 or e-mail [theresa.schulte@LongmontColorado.gov](mailto:theresa.schulte@LongmontColorado.gov).

### Drop-In Volleyball

**Date: Fridays, August 28 - March 25**

**Time: 12:30 – 2:30 p.m.**

Location: St. Vrain Memorial Building,  
700 Longs Peak Ave.

Cost: \$2.00 per session (each afternoon) or use a Senior Center Activity Card (10 or 18 uses). All levels of players are welcome! You don't have to be a great player or in great shape to play. Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an ongoing activity.





## Exercise

# Outdoor Activities

### Nature Hikes

Enjoy the outdoors with a variety of hiking destinations, tailored to explore the variety of beautiful areas and accommodate different skill levels.

Our hikes are volunteer led, group activities, so hikers

are responsible for staying with the group and being able to maintain a pace appropriate to the rating (see below). We emphasize safety first followed immediately by enjoyment! All hikers are responsible for bringing and carrying their own gear: water/drink, food, clothing, and equipment. Mileage is approximate and represents the entire



distance. The hike locations may be changed based on unforeseen conditions (e.g., weather, construction). Return time may vary according to location, weather, pace, and trail conditions. Prior to hiking, be sure to check with your physician regarding starting this program to make sure you are in good health. Hiking, especially at higher elevations, can be strenuous. If you have questions about your conditioning or endurance level, we encourage you to begin with a hike rated "easy."

**Day:** Thursdays

**Check-in:** 7:30 a.m.

**Depart:** 7:40 a.m.

**Return:** approx. 3:00 p.m.

**Cost:** \$8.00 resident, \$10.00 non-resident  
(For a full refund, cancel 3 business days prior to the hike.)

Date	Location	Level	Distance	Elevation	Gain	Notes	Activity #
Sept 10	Deer Mountain**	Mod-difficult	6.2 mi	8,920'	1,093'	ST, V	487001.18
Sept 17	Bear Lake to Bierstadt TH**	Moderate	4.0 mi	9,450'	255'	A, R	487001.15
Sept 24	Little Horseshoe Park**	Easy-moderate	3.8 mi	8,937'	-417'		487001.17
Oct 1	Shanahan, Bear Canyon	Moderate	5.6 mi	5,740'	880'	R, ST	487001.19
Oct 8	Betasso/Benjamin Loop	Easy-moderate	6.0 mi	6,480'	500'	R	487001.20
Oct 15	Bridal Veil Falls**	Easy-moderate	6.0 mi	8,000'	300'		487001.04
Oct 22	Beaver Mtn Loop**	Moderate	5.1 mi	8,480'	800'	F	487001.21

\*\*In Rocky Mountain National Park, you will need a pass or you can pay a one-day fee.

W=water crossing, R=rocks, S=steps, ST=steep or switchbacks, V=views, WF=wildflowers, H=historical, G=geology, F = fauna/birds

	Easy	Moderate	Difficult
<b>Elevation</b>	7500'-8500' or less	8501'-10,000'	10,000+'
<b>Gain</b>	Minimal - 400'	401' - 500'	501+'
<b>Distance</b>	3 - 4 mi	3 - 6 mi	4+ mi
<b>Pace</b>	All hikers stay with the group. The group stops approx. every 20-30 min and at all trail junctions. The pace increases with the level of hike unless otherwise noted.		

Hikes are rated based on the most difficult factor, even if it is only one from a certain level. For example, a 3-mile hike may be rated difficult if it is at 12,000'. Please see our Notebook at the front desk for more details about individual hikes and our Newsletter for additional information about equipment and other program tidbits.



## Trip & Registration Information

**Trips are scheduled on various modes of transit: minibuses, school buses, and coach buses. The style of bus is dependent upon cost, size of group, and time and distance traveled, as well as availability of buses. We always try to be cost efficient and comfort oriented.**

**Departure times are definite.** We do not wait for participants past the designated departure time either from the Senior Center or returning to the Senior Center.

**Return times are approximate.** Please do not schedule appointments close to the return times; we never know when delays may occur.

**Bus seat assignments** are made at the time of check-in. Participants draw a seat number for themselves and one other person (shared seating). These assigned seats are used both going to and from the trip destination. For extended trips, you will draw new seats each day.

**Cancellations** must be received by the dates printed in **The GO** if a full credit or refund is to be given. After that date, a partial credit or refund may be issued only if the spot is resold. Cancellations must be processed through the Senior Center. When possible, the staff will attempt to resell your spot to the first person on the waiting list, or if it is last minute and the Senior Center is closed, you may give your ticket to a person of your choice. Please call 303-651-8411, if you do so.

*Note: Please refrain from using your cell phones while with the group and on the bus.*

### Trip Registration:

**Trip registration is conducted lottery style – Friday, August 21, 3:00 - 5:00 p.m.**

#### Lottery information

In fairness for all and to eliminate the need to arrive early, we will use a lottery format for the first day of trip registration. Numbers will be distributed to participants. Corresponding numbers are placed in a tumbler and drawn randomly. When your number is called, you will have the opportunity to register for trips. Participants must be present when their number is called to keep things running smoothly. If you arrive after the lottery has started your number will be added to the tumbler after you are seated. You may register for yourself and one other senior. A separate Activity Registration Form is required for each person. **REMINDER: when paying with cash or check, you don't need to wait for your registration form to be processed.**

If you are unable to attend the TRIP registration kickoff, you may register for trips on the first business day following the kick off at the front desk, over the phone at 8:00 a.m., or online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec).

### Trip Pick-Up And Return Location

**Longmont Senior Center • 303-651-8411**

**910 Longs Peak Ave, Longmont**

Customers going out on trips, please park your vehicles at the east end of the parking lot, leaving the spaces closest to the building for customers coming and going throughout the day. Check-in takes place in the lobby. Thank you.





## Lunch Wagon

***Each month, visit a different restaurant for a nice or casual lunch, depending on the restaurant and dining style. Seating limited to Senior Services minibus.***

### Notch Top Restaurant, Estes Park

Registration #481054.08	<b>Tuesday, September 8</b>
Registration #481054.15	<b>Tuesday, September 15</b>
Registration #481054.22	<b>Tuesday, September 22</b>

Today's trip will take a roundabout route so you can enjoy the (keep your fingers crossed) fall colors. Going to Estes Park via Hwy. 7, past Allens Park and returning via Hwy. 34. The restaurant is well known for its "made from scratch" recipes, healthy organic products and yummy food. There are many options on the menu and prices are reasonable for a mountain town. Lunch menu ranges from \$8.00 – \$12.00.

Check-in: 9:50 a.m.  
 Depart: 10:00 a.m.  
 Return: 3:30 p.m.  
 Cost: \$9.00 resident, \$10.00 non-resident  
 Transportation: Senior Services minibus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Sept. 2, Sept. 9, or Sept. 16, respectively for full refund.

### Biergarten & Tour Budweiser Plant, Loveland

Registration #481055.06	<b>Tuesday, October 6</b>
Registration #481055.13	<b>Tuesday, October 13</b>
Registration #481055.20	<b>Tuesday, October 20</b>

For October we are going to celebrate beer by learning all about the brewing process that made Budweiser King! The hour and half walking tour (you cover about a mile) will explain their whole process, from start to finish. Then, you'll be able to relax in their new food establishment, called the Biergarten, and order some delicious pub style food, burgers, brats, and an assortment of sandwiches or appetizers. Prices range from \$6.00 – \$12.50 for menu items.

Check-in: 10:00 a.m.  
 Depart: 10:10 a.m.  
 Return: 2:00 p.m.  
 Cost: \$8.00 resident, \$9.00 non-resident  
 Transportation: Senior Services minibus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Sept. 30, Oct. 7, Oct. 14, respectively for full refund.

### Bonefish Grill, Johnstown

Registration #481056.02	<b>Tuesday, November 3</b>
Registration #481056.09	<b>Tuesday, November 10</b>
Registration #481056.16	<b>Tuesday, November 17</b>

Bonefish Grill is back by popular demand, it was a real hit when we visited last year. As the "Fresh Fish Experts," Bonefish Grill specializes in market-fresh fish and other wood-grilled specialties. Knowledgeable and attentive service staff, provide help in answering questions or making recommendations about the innovative menu with specials, which feature only the highest-quality, freshest ingredients, including traditional and unique varieties of fish and seafood as well as numerous non-seafood items. Price range starts at \$10.00 and can go as high as \$20.00.

Check-in: 10:15 a.m.  
 Depart: 10:30 a.m.  
 Return: 1:30 p.m.  
 Cost: \$8.00 resident, \$9.00 non-resident  
 Transportation: Senior Services minibus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Oct. 28, Nov. 3, Nov. 10, respectively for full refund.





## Casino Trips



### Mardi Gras, Black Hawk

Registration #481058.00

**Date: Wednesday, October 7**

Located in Black Hawk, play on more than 650 of the most popular slot and video machines with the modern ease of ticket-in, ticket-out technology, meaning you can win big bucks without weighing down your pockets with excess change. Experience the latest casino trends or enjoy the feel of old-school gaming with a selection of traditional 3-reel, pull-handle slots. Try your hand at all the best table games, including craps, roulette, blackjack and three card poker. They have every casino game you love to play at Mardi Gras Casino.

Check-in: 8:45 a.m.  
 Depart: 9:00 a.m.  
 Return: 5:00 p.m.  
 Cost: \$12.00 resident, \$15.00 non-resident  
 Transportation: Senior Services minibus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Oct. 1, for full refund.

### Reserve Casino, Central City

Registration # 481057.00

**Date: Thursday, September 3**

Located in Central City, this establishment has a Rock 'n Roll theme. They have over 500 slot machines, table games, a small deli or buffet for lunch and friendly staff to help you out. Head up the hill and try your luck gaming at the Reserve Casino.

Check-in: 8:45 a.m.  
 Depart: 9:00 a.m.  
 Return: 5:00 p.m.  
 Cost: \$12.00 resident, \$15.00 non-resident  
 Transportation: Senior Services minibus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Aug. 28, for full refund.

### Century Casino, Central City

Registration #481059.00

**Date: Monday, November 2**

Century Casino welcomes you with friendly staff and some of the newest slots in gaming as well as many of the favorites for slot players. In addition to the slot play, there are table games of black jack, craps and roulette available. As a part of the group package you'll receive 50% off food at their café. Good luck to our gamblers heading to the high country!

Check-in: 8:45 a.m.  
 Depart: 9:00 a.m.  
 Return: 5:00 p.m.  
 Cost: \$12.00 resident, \$15.00 non-resident  
 Transportation: Coach Bus  
 Includes: Trip escort and transportation  
 Sign-up: Begins August 21, cancel by Oct. 26, for full refund.





### **Rocky Mountain National Park Tour**

Registration #481060.00

**Date: Thursday,  
September 10**



Celebrating 100 years as a National Park is a great reason to join ED WEISING on this scenic bus tour of Rocky Mountain National Park, (RMNP). Along the way, Ed will tell you the history of the people who made the park happen and point out some special aspects to the park you may not know about. Leaving Longmont, via Hwy. 7 to Estes Park, there will be time to stretch your legs and use a restroom before heading up into RMNP. Once in the park, there will be stops at scenic pull outs to look at the vistas and take some photos if you wish. Hopefully the weather will cooperate and the fall colors will be on full display. Up at the Alpine Center, you will have time for lunch, you can purchase sandwiches or soup there, or you may bring along a sack lunch to enjoy at the Alpine Center. The elevation at the top is 11,796 feet, be sure to bring a jacket or sweater as the weather can be cool or even cold at this elevation and time of year. The return route will be down the Big Thompson Canyon, via Hwy. 34 where you'll hear more about the history of the area.

Check-in: 8:15 a.m.

Depart: 8:30 a.m.

Return: 4:00 p.m.

Cost: \$35.00 resident, \$41.00 non-resident

Transportation: Coach Bus

Includes: Trip escort, Step on Guide, RMNP admission and transportation

Sign-up: Begins August 21, cancel by Sept. 4, for full refund.

### **Leadville Train Ride & Fall Colors**

Registration #481062.00

**Date: Tuesday, September 15**

All Aboard! Today's adventure will take you to a place that is rich in history and beauty. Leadville mines made millionaires in the mining industry, but many of those people are long gone. What remains is a quaint historic small town in the heart of the Rockies. A Panera lunch will be provided and a stop along the way for a lunch break, before heading to the Train Depot. The Leadville train ride lasts two and half hours, while on board, the train conductor will talk about the history of the area and you'll see some spectacular scenery. Following the train ride, the route home will be via Hwy. 24, to Vail, which has some fantastic scenery too. Then a stop at the McDonalds outside of Vail, for a rest stop and refreshment if you need before the three and half hour drive down the hill to Longmont. It is a long day, but well worth it for the great scenery – keep your fingers crossed that the fall colors will be showing off.

Check-in: 7:30 a.m.

Depart: 7:45 a.m.

Return: 7:00 p.m.

Cost: \$82.00 resident, \$94.00 non-resident

Transportation: Coach Bus

Includes: Trip escort, lunch, train ride and transportation

Sign-up: Begins August 21, cancel by Sept. 10, for full refund.

### **Chapunga Walk and Promenade Shops at Centerra**

Registration #481061.00

**Date: Friday, September 11**

Begin your day with a nice walk through Chapunga Sculpture Park in Loveland, the first permanent exhibit of its kind in the United States. There are 1.5 miles of pathway winding through the spacious 26-acres park. Along the walk you can see 82 hand-carved sculptures from the indigenous stones of Zimbabwe or rest at any of the 30 benches. Afterwards you'll

have time to eat lunch and visit shops in the Centerra shopping center. Lunch costs are on your own, and remember to dress for the outdoors for the walk.

Check-in: 9:00 a.m.

Depart: 9:15 a.m.

Return: 2:30 p.m.

Cost: \$9.00 resident, \$11.00 non-resident

Transportation: Senior mini bus

Includes: Trip escort and transportation

Sign-up: Begins August 21, cancel by Sept 4, for a full refund.



## *History Colorado Series* — *The World Around Us*

Explore the world around us through the fascinating lectures at History Colorado in Denver. Starting this season, the lectures will be presented on Mondays; previously these took place on Tuesdays. At the time of printing, we only have the titles to the lectures; please check at the front desk for full descriptions. Remember to each lunch prior to going.

Check-in: 11:15 a.m.

Depart: 11:30 a.m.

Return: 3:30 p.m.

Cost per trip: \$20.00 resident, \$24.00 non-resident

Transportation: Senior Services minibus

Includes: Trip escort, presentation & transportation

Sign-up: Begins August 21, cancel by Sept 14, Oct 12, and Nov 9, respectively, for a full refund.

## **The Good, the Bad, and the Barbie: How Ruth Handler Changed the Face of American Toys**

Registration #481063.09

**Date: Monday, September 21**

*Presented by Tanya Stone*

## **How Art Made History: The Denver Artists Guild**

Registration #481063.10

**Date: Monday, October 19**

*Presented by Stanley Cuba, Kirkland Museum of Fine and Decorative Art*

## **Coloraddities & The Colorado Atlas**

Registration #481063.11

**Date: Monday, November 16**

*Presented by Dr. Thomas Noel, University of Colorado Denver*

## **Fine Arts at Four: After Midnight**

Registration #481064.00

**Date: Sunday, September 20**

"After Midnight" is a popular swing band featuring the music made famous by musicians like Benny Goodman and Artie Shaw. The performance will be in The Armory at Brighton Cultural Center. You may bring food on the bus because we'll be returning close to 6:30 p.m.

Check-in: 2:15 p.m.

Depart: 2:30 p.m.

Return: 6:30 p.m.

Cost: \$12.00 resident, \$15.00 non-resident

Transportation: Coach bus

Includes: Trip escort, performance & transportation

Sign-up: Begins August 21, cancel by Sept 11, for a full refund.

## **Dazzle Jazz Club and Lunch**

Registration #481065.00

**Date: Thursday, September 24**

We're going back for this popular afternoon out of music and food! The musical entertainment features a live Jazz Trio and lunch includes your choice of three chef-inspired entrees, soda, coffee, tea or a glass or red or white wine, draft beer or well drink.

Check-in: 10:00 a.m.

Depart: 10:15 a.m.

Return: 3:00 p.m.

Cost: \$23.00 resident, \$27.00 non-resident

Transportation: RTD – Pay on day of trip, \$5.00 cash, please bring correct amount for bus

Includes: Trip escort, lunch, and entertainment

Sign-up: Begins August 21, cancel by Sept. 17, for full refund.





## Nice to Meet You! Classical Piano Concert

Registration #481066.00

**Date: Friday, September 25**

Did you ever wonder what goes into the making of a concert pianist? Come along to meet local talent Dr. Caetano, a recent PH.D graduate from CU's school of music. Enjoy a private reception (yummy refreshments) with a personal meet and greet session, ask questions during a short interview, and lastly listen to current repertoire this talented pianist has in his hands! To be hosted in an intimate, warm, and elegant home environment in Longmont. For music fans, this will be a real delight!

Dr. Diego Ribeiro Caetano, who was born in Anapolis, Brazil, is considered one of the most outstanding pianists of the contemporary Brazilian generation. His performances are notable for their flair and technical mastery. Performances as a soloist, with orchestras and as a chamber musician have taken him throughout the world. Apart from Dr. Caetano's work with classical music, he takes an interest in foreign languages and speaks eight languages, including Portuguese, Spanish, French, Italian, German, Japanese, English, and Russian. Today is a chance for personal interaction and specialized performance by a great pianist.

Check-in: 1:20 p.m.

Depart: 1:30 p.m.

Return: 4:15 p.m.

Cost: \$15.00 resident, \$18.00 non-resident

Transportation: Mini bus

Includes: Trip escort, performance & transportation

Sign-up: Begins August 21, cancel by Sept. 21, for full refund.

## Saturday Night Fever, Arvada Center

Registration #481067.00

**Date: Wednesday,  
September 30**



Pull out your leisure suit, put on your hot pants, polish your platform shoes and get ready to boogie down when we present this regional premiere musical based on the classic 70s film. Set in the historically significant era of post-Vietnam, Watergate, and years of civil unrest; America was ready to embrace something new. When disco blazoned on the scene, it created a cultural shift by embracing a blending of dance styles from high-energy jitterbug, to mid-century rock and roll and the classic grace of ballroom dance. Disco helped launch a new era that resulted in lifestyle changes and musical genres that have become part of our contemporary culture. Saturday Night Fever features all the great Bee Gee disco hits including "Stayin' Alive", "How Deep Is Your Love", "Night Fever", "If I Can't Have You", "You Should Be Dancing" and more! Saturday Night Fever will have you dancing in your seat! Please eat prior to trip, only light refreshments are available at the theater.

Check-in: 11:15 a.m.

Depart: 11:30 a.m.

Return: 4:30 p.m.

Cost: \$56.00 resident, \$63.00 non-resident

Transportation: Coach Bus

Includes: Trip escort, show ticket and coach transportation

Sign-up: Begins August 21, cancel by Sept. 23, for full refund.



## Judicial Learning Center & CELL Tour, Denver

Registration #481068.00

**Date: Thursday, October 1**

Housed in the new Ralph L. Carr Colorado Judicial Complex, the Colorado Judicial Learning Center is an innovative and engaging learning environment designed to inspire visitors to achieve a better understanding of the laws and freedoms that govern our citizens, states, and country. With this guided tour, you can learn about the American justice system, including the Federal and Colorado courts and U.S. and Colorado Constitutions. After this hour and half tour, you'll have lunch at the Pints and Pub restaurant (lunch included) then on to more learning at the "CELL" the Counterterrorism Learning Lab. This is a place dedicated to help solve the terrorism problems and concerns through education, the topic is difficult to wrestle with, but the world can be better through education and our guide will explain all the avenues they are taking. Today will be an eye opener in several ways. Please note, there will be a two block walk from the Judicial Center to the Pints and Pub restaurant and then two blocks back to CELL.

Check-in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 4:30 p.m.

Cost: \$41.00 resident, \$46.00 non-resident

Transportation: Coach bus

Includes: Trip escort, tours, lunch and transportation

Sign-up: Begins August 21, cancel by Sept. 25, for full refund.

## Colorado Model Train Museum, Greeley

Registration #481070.00

**Date: Wednesday, October 21**

This one-of-a-kind facility features over 600 railroad-related artifacts ranging from a Virginia and Truckee Railroad switch key to a full-sized Colorado and Southern wooden Caboose available for examining both inside and out. The highlight of the museum is its huge, 5,500 sq. ft. operating model railroad dubbed "the finest model railroad I've ever seen", by the 30-year senior editor of Model Railroader magazine, Jim Hediger, Milwaukee, WI. Visitors may actually stroll through this three dimensional creation while the railroad is in operation. Today's visit will include an exclusive tour with Museum Director, Michelle Kempema who will highlight all the features of the museum and how it all came together. Following the tour, which will last about an hour and a half, you'll enjoy lunch at Kenny's Steakhouse, named after cattleman Kenny Monfort. There will be a limited menu available and price range for lunches will go from \$11.00 - \$14.00, plus taxes and gratuities.

Check-in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 3:00 p.m.

Cost: \$18.00 resident, \$21.00.00 non-resident

Transportation: Mini bus

Includes: Trip escort, museum admission, tour, and transportation

Sign-up: Begins August 21, cancel by Oct. 15, for full refund.

## If/Then at the Buell Theater

Registration #481069.00

**Date: Saturday, October 17**

Denver is fortunate to schedule this national touring production with Tony Award-winner and Broadway superstar Idina Menzel (Wicked, Rent, Frozen, Glee) who will reprise her critically-acclaimed performance as Elizabeth in If/Then. This "fascinating, ambitious, and original new musical," (New York Post) with unforgettable songs and a deeply moving story by the Pulitzer Prize and Tony Award-winning creators of Next to Normal, follows two distinct storylines in the life of Elizabeth, a city planner who moves back to New York

to restart her life in that city of infinite possibilities. When her carefully designed plans collide with the whims of fate, Elizabeth's life splits into two parallel paths. If/Then follows both stories simultaneously as this modern woman faces the intersection of choice and chance.

Check-in: 12:10 p.m.

Depart: 12:30 p.m.

Return: 5:30 p.m.

Cost: \$68.00 resident, \$75.00 non-resident

Transportation: Mini bus

Includes: Trip escort, show ticket, and transportation

Sign-up: Begins August 21, cancel by Oct. 12, for full refund.



## **Wings Over the Rockies Air & Space Museum Tour and lunch at Lowry Beer Garden**

Registration #481071.00

**Date: Monday,  
October 26**



The Wings Over the Rockies Air and Space Museum is located on the grounds of the former Lowry Air Force Base in Denver, Colorado. The museum, which opened in 1994, is housed in the 40,000 sq ft historic Hangar #1 built in 1939. The mission of Wings Over the Rockies Air & Space Museum is to educate and inspire people of all ages about aviation and space endeavors of the past, present and future. Begin with a guided tour (1 – 1 ½ hrs) of the museum that includes an introduction to the theory of flight and aircraft propulsion, along with access to cockpits of select aircraft. Afterwards, you'll go next door to Lowry Beer Garden for lunch. They have communal Oktoberfest-style picnic tables, outdoor garden area, open-air seating and an inviting covered pavilion. You may choose off the menu and lunch costs are on your own (approx. \$8.00-\$15.00).

Check-in: 8:15 a.m.

Depart: 8:30 a.m.

Return: 2:00 p.m.

Cost: \$30.00 resident, \$36.00 non-resident

Transportation: Coach bus

Includes: Trip escort, tour, and transportation

Sign-up: Begins August 21, cancel by Oct 19,  
for full refund.

## **Sports Authority Field at Mile High**

Registration #481073.00

**Date: Friday, November 13**



This is your opportunity for a private "behind the scenes" glimpse into areas rarely seen by the public and some of the unique operations & inner workings of one of the most state-of-the-art stadiums in North America. This tour is professionally guided by knowledgeable and friendly tour guides from the Colorado Sports Hall of Fame and Museum. Each tour takes approximately 75-90 minutes and walking approximately ½ mile throughout the tour. You'll have a chance to see: Colorado Sports Hall of Fame Museum, Executive Suites, United Club Level, NFL Visiting Team Locker Room Facilities, Thunder's Stall, Team Field Entrance Tunnel, Field Level from the End Zone Area, Network Television Production Compound, and TV & Radio Broadcast Facilities & Writing Press Center. \*Due to stadium events, all areas may not be available at all times. After the tour, the lunch stop will be at Cinzetti's Italian Buffet Restaurant, in Northglenn. Lunch price is approximately \$9.00 plus taxes and tip.

Check-in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 3:00 p.m.

Cost: \$29.00 resident, \$36.00 non-resident

Transportation: Coach bus

Includes: Trip escort, guided tour and transportation

Sign-up: Begins August 21, cancel by Nov. 9,  
for full refund.

## **Lion King the Musical, Buell Theater**

Registration #481072.00

**Date: Thursday, November 5**

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's The Lion King, making its triumphant return to The Buell Theatre! More than 70 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage.



There is simply nothing else like The Lion King.

Check-in: 12:10 p.m.

Depart: 12:30 p.m.

Return: 5:00 p.m.

Cost: \$67.00 resident, \$74.00 non-resident

Transportation: Mini bus

Includes: Trip escort, show ticket and transportation

Sign-up: Begins August 21, cancel by Oct. 29,  
for full refund.





## Group Extended Travel with the Senior Center

**For more details on the group travel offerings, please pick up a flyer at the Senior Center or Gold Key Travel, Ltd. (328 Coffman Street), or call Gold Key Travel at 303-776-7024.**

### Tulips & Rhine River Cruise

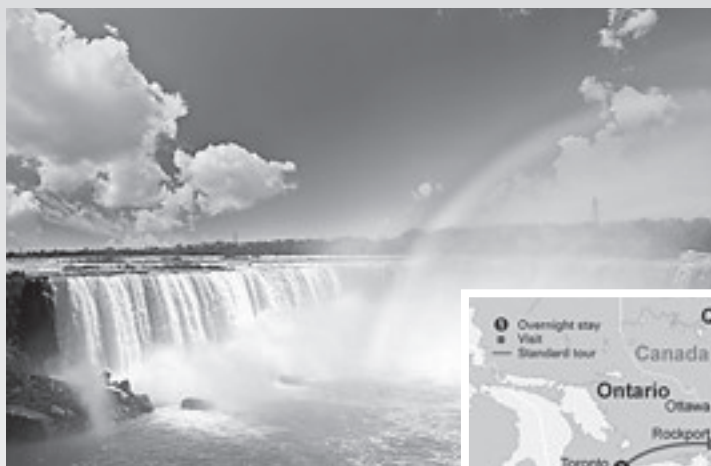
**April 14 – 23, 2016**

This trip is full at this time, if interested call Gold Key Travel, to get your name on the waitlist. 303-776-7024 Starting with a pre-cruise day and tour in Amsterdam with the option of visiting the incomparable Keukenhof Gardens with more than seven million tulips, daffodils and hyacinths, the world famous Rijksmuseum or the stirring Anne Frank House.

We will be sailing on a brand new ship down the

Rhine River, on one of the most scenic and charming itineraries you can imagine. This 8-day cruise will stop in Cologne, Koblenz, Rudesheim, Mainz and Heidelberg, Germany, as well as the Black Forest. Other ports include Strasbourg, France and ending in Basel, Switzerland. An optional post-cruise stay in Switzerland will also be offered.

***Flyers with detailed information are available in the lobby of the Longmont Senior Center or at Gold Key Travel.***



*Fall Trip for 2016:*

### Best of Eastern Canada Montreal, Quebec City, Niagara Falls August, 2016

***Presentation: Tuesday, October 13, 3:00 p.m. Learn about the tour, sites along the way and more details about the daily itinerary from our Collette***

Join Theresa on this incredible tour to Eastern Canada. From the European-styled, old world elegance of Quebec City to the thundering magnificence of Niagara Falls, you'll love every moment of this 8-day tour. Enjoy two-night stays in Montreal, Quebec City and Toronto, as well as an overnight stay in Ottawa. Have breakfast of regional specialties at a local sugar shack and learn about maple syrup making. Board a boat to experience Niagara Falls up close and cruise

through the spectacular unspoiled 1000 Islands. Watch the busy St.

Lawrence River from high atop Montreal's Mount Royal and explore the city's famous underground shopping. Feel the energy of multicultural Toronto, and the charm of the lovely village of Niagara-on-the-Lake. Walk the cobblestone streets of Old Quebec. Experience the best regional cuisine during a Dine Around with your choice of restaurant locations for the evening. From picturesque countryside to glistening skyscrapers, a truly unforgettable cultural and historical experience awaits you in the heart of Eastern Canada.

Details are not yet available. If you are interested in this tour, please call Gold Key Travel at 303-776-7024 to add your name to the list. You will be the first to be notified when the flyers are ready.



## Volunteer & Involvement

### Money Management Program

Join the team that makes a difference in our community! Our Money Management Program (MMP) volunteers help sort mail, organize bills, develop a budget, write checks, manage your monthly expenses, and work on your debts. This is a vital program that truly makes a difference and helps people live independently, more successfully and longer in their homes. For more information, please call Kari at 303-651-8495. (MMP volunteers Vince Micucci and Audrey Rowe, along with community partner, Jenny Lingle of Premier Members Credit Union, were awarded the 2015 Elder Abuse Awareness and Prevention Award!)



### AARP Tax Aide Assistance

*A Partnership of AARP, the IRS, and Longmont Senior Services*  
We are recruiting volunteers to help prepare tax returns for the 2015 tax season. Special training is required and provided at no cost. Volunteer now to be part of the team that helps hundreds of senior individuals and low-to-moderate income persons. Different positions include: tax preparers, greeters, screeners, and appointment schedulers. Call Kari at 303-651-8495 for more information.

### Hike & Snowshoe Leaders

Exercise your mind, body, and heart! Help lead hikes and snowshoe outings in the beautiful Colorado outdoors. Call Kari at 303-651-8495.

### Computers & Technology

We welcome new coaches and instructors to assist with computer and technology classes that are designed for and led by older adults. Call Kari at 303-651-8495.

## *Our Partners Serving Longmont Need Local Volunteers!*

### Respite & Companion Volunteers NEEDED in Longmont!

Volunteers offer social companionship to older adults (age 60 and better) who live alone or with a family caregiver. Volunteers visit two hours per week, must be at least 21 and are asked to make a minimum six-month commitment to the program. For more information and application materials, please contact Katie Wade at 303.441.1543 or [inforespite@bouldercounty.org](mailto:inforespite@bouldercounty.org)

### Longmont Meals on Wheels

**303-772-0540**

Longmont Meals on Wheels is in need of volunteer drivers and kitchen helpers. A small investment on your part can make a world of difference in someone else's life.



### Boulder County CareConnect

**303-772-2262**

CareConnect staff can help you find a volunteer spot that's right for you. CareConnect programs: Carry-Out Caravan, Medical Mobility, Companionship, and Fix-It and Financial Capability.

### **New!** Senior Giving Circle

**Date: Monday, September 28**

**Time: 4:00-6:00 p.m.**

**Cost:** free, but please register in advance

Whether a lifelong resident or a recent arrival, are you delighted to be living in Longmont? Are you seeking new ways to be part of the community, to step up and team up to respond to needs of our residents or to support your favorite local non-profit in an innovative way?

We are starting a Senior Giving Circle with the Longmont Community Foundation. By talking together, we will identify our common priorities and then pool our modest Giving Circle dues, to be managed by the Foundation, with the earnings used to support initiatives of our choosing.

If this sounds intriguing to you, please come to the organizational meeting with your questions and brainstorming ideas. With your help together we can create an exceptional Longmont Senior Giving Circle.

### Boulder County Circles Campaign

**Contact Jessica Austin 303-441-1503**

**or [jaustin@bouldercounty.org](mailto:jaustin@bouldercounty.org)**

For more information visit the Circles web site  
[www.bouldercountycircles.org](http://www.bouldercountycircles.org)

**Circle Allies** are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency. (6 hours per month) **The Guiding Coalition** is made up of several teams that support the work of the Circles Campaign, Recruitment, Community, Income & Education, Resources, and Big View. (3 hours per month)

## Volunteer & Involvement



### Longmont Kiwanis

This group of committed men and women meet at the Senior Center every Friday morning (9:25 a.m. – 10:25 a.m.) and are always looking for interested members. This is an opportunity for friendship and fellowship, to lend your talents and skills to others, and to deepen your understanding of issues in the community, nation, and world. There are quarterly dues and a onetime new member fee. The club's motto is "to serve the children of the world". If you'd like more information please call Marv at 303-774-0734.

### Columbine Lions Club

This group is looking for new members. They are committed to meeting community needs through various service projects including a major initiative to serving the blind and visually impaired as well as programs for helping young people. There is an initiation fee as well as regular dues. They meet the 2nd and 4th Tuesday of each month at 6:30 p.m. at the IHOP at 2040 Ken Pratt Blvd. For more information contact Mel DeSantis at 303 776 7077.

## Community Events



### Help shape the future of Longmont!

***We want to hear from YOU!***

The City of Longmont is expected to grow with an additional 24,000 people over the next 20 years - making us the largest city in Boulder County. Where and how should we grow in the future? What would you like to see change in Longmont as it grows? What would you like to stay the same? All residents are encouraged to participate in the Envision Longmont process and share their ideas for our City's future! This is exciting community wide planning effort by the City to update and integrate its Comprehensive Plan and Multi-Modal Transportation Plan. Through the Envision Longmont process you can help make important decisions about Longmont's future. To date, community members have identified several priorities including: housing and neighborhoods, multi-modal transportation, economic development, and community identity. **Another set of community workshops will take place in mid-November.** Check out the project website ([www.envisionlongmont.com](http://www.envisionlongmont.com)) for more information and a list of other events and activities. Be sure to sign up for regular e-mail updates from the project team! Don't have time to attend a community meeting, but want to make sure your voice is heard? Weigh in online using any mobile device, or share your ideas using the interactive iPad kiosks located at the Library and other areas around town! For more information contact the Planning and Development Services Department at 303-651-8330 or [planning@longmontcolorado.gov](mailto:planning@longmontcolorado.gov)



### Death Café at the Museum

The Longmont Museum will be hosting a free Death Café on Saturday, October 24, from 2:00 p.m. to 3:30 p.m. open to anyone age 18 or better. Death Café is a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death while helping people make the most of their finite lives. Registration opens September 1 online, in person at the Museum, or by phone at (303) 651-8374. Registration # 494105.00

### Before I Die

Before I Die is a global public art project that invites people to reflect on their lives and share their personal aspirations in public space. Conversations on Death will be setting up Before I Die Walls throughout Boulder County this autumn; keep an eye out for the wall at the Senior Center in late October!

### Smoke Alarm Volunteers

Volunteers, accompanied by fire staff, will be visiting residences between July 28 - 31 and August 3 - 6 to determine the proper number of smoke alarms in Longmont homes. Volunteers will check devices, install replacement batteries or detectors if necessary. Volunteers will be needed between the hours of 5 to 8pm on those dates. For applications and additional information call (303)651-8432 or [visitlongmontcolorado.gov](http://visitlongmontcolorado.gov) and search "safety and justice volunteer".





# arts LONGMONT

### *Friday Afternoon Concerts and Art Shows*

Performances are at the new 250-seat Stewart Auditorium, Longmont Museum, 400 Quail Road, Longmont. More information can be found at Arts Longmont 303 678-7869. Ticket sales at the Longmont Museum: \$10.00 per ticket.

**The Art Show opens at 1:30pm,  
Concert begins at 2:30pm.**

#### **Oct. 16: Jazz Landscapes**

CU Jazz Faculty Combo with Keith Waters, piano, John Gunther, saxophone, Ken Walker, bass and Jill Fredericksen, drums. Includes one piece in which the audience will experience the Magic of the Desert Southwest through images by photographer Bob Maynard projected on a screen to live jazz.

**Art Show: Bob Maynard, photographer**

#### **Nov. 20: Colorado Chamber Players**

All Shostakovich program. Paul Primus, violin, Margaret Soper Gutierrez, violin, Barbara Hamilton, viola, and Jeffrey Watson, cello. With Andrew Cooperstock, piano.

**Art Show: Interfaith Quilters**

### ***Calling all writers, 18 years and older!***

The Longmont Public Library Writers Group meets on Tuesdays at 6:00 p.m. in the Unquiet Study Area upstairs. This is open to the public. For more information, please call 303-651-8472.

### *Adult Programs at Longmont Public Library*

Visit the Library web page for more upcoming programs: <http://longmontcolorado.gov/library>

**Wednesday September 2** (6:30-8:30PM)

**Writing Workshop 1:** Author Bill Ellis will conduct a series of three workshops.

**Thursday September 10** (7:00-8:00PM)

**Safety Series: Kids Online:** Learn about keeping your kids safe on the internet with Detectives Bryan Franke & Sara Pierce.

**Wednesday September 16** (6:30-7:30PM)

**Job Workshop: Elevator Speech:** Career counselor Jane McKean will conduct a job workshop about Creating a Great Elevator Speech to define your brand.

**Thursday September 24** (7-8PM)

**Rise of the Islamic State:** Dr. Ian Feinhandler, geography faculty at Front Range Community College, will present an analysis of the rise of the self-titled "Islamic State" (also known by various acronyms, including ISIS, ISIL, and DAESH).

**Thursday October 1** (7-8PM)

**Safety Series: Domestic Violence 101:** J. P. Butler (Safe Shelter of St. Vrain Valley) will discuss domestic violence issues.

**Wednesday October 7** (6:30-8:30PM)

**Writing Workshop 2:** The second in a series of three writing workshops with Bill Ellis.

**Thursday October 8** (7-8PM)

**Native American Boarding Schools:** Researcher and Instructor Anna Wing will discuss the history of Native American Boarding Schools.

**Thursday October 29** (7-8PM)

**Haunted Longmont:** Author Richard Estep will discuss his books, Haunted Longmont and In Search of the Paranormal.

**Wednesday November 4** (6:30-8:30PM)

**Writing Workshop 3:** The last of a series of three writing workshops with author Bill Ellis.

**Thursday November 5** (7-8PM)

**Safety Series: Fire Safety:** Come and learn about fire safety!

**Thursday November 12** (7-8PM)

**Kennedy Assassination:** Gregory Iwan will discuss the assassination of President John F. Kennedy.

## Resource Information, Programs and Services



Seniors Resource Specialist

**VERONICA GARCIA**

303-651-8716

veronica.garcia@longmontcolorado.gov

*Vea nuestra sección de Español en las páginas R8*



**AMY LOBERG** - Seniors Resource Specialist

303-774-4372

amy.loberg@longmontcolorado.gov



Seniors Counselor and  
Resource Education Coordinator

**BRANDY QUEEN, LPC**

**303-651-8414**

brandy.queen@longmontcolorado.gov

Senior Services Resource Assistance Staff are available to assist older adults and family members in locating and accessing resources and services. Housing, health care, form completion, and access to many other supports are offered.

Contact Veronica or Amy for information and assistance. Brandy Queen, a licensed professional counselor, is available for one-on-one, couples, and family counseling. She also facilitates and coordinates several support groups, supervises the Senior to Senior Peer Counseling program, and meets with family members for caregiver consultations.

*A great source  
for information  
and resources.*

Visit the accurate  
and comprehensive  
website at:

**www.bouldercountyhelp.org**

**Call: 303-441-1617,**  
press 1 for Spanish speakers  
Email: infoadrc@bouldercounty.org



### Caregiving Support Groups

There are two groups which offer resources, information, and support from one caregiver to another in a facilitated group setting. Call Brandy at 303-651-8414 for information about either one.

**1st Monday, 6:00 - 7:30 p.m.**

Light supper provided.

**2nd Tuesday, noon - 1:30 p.m.**

(Focus on Alzheimer's/dementia)

Light lunch provided

### Respite Assistance for Caregivers

Call 303-651-8716 for details and qualification information to access financial assistance to pay for respite care.

### Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173 for details.

### Lunch Bunch

Social activity for persons with early to moderate stage memory loss. See page 27.

### Respite & Companion Volunteer Program

Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit, and a caring connection. Call Veronica or Amy at 303-651-8716 to find out more about getting a volunteer. If you are interested in becoming a volunteer contact the coordinator at 303-441-1543.

### EMPLOYMENT

The Longmont Workforce Boulder County office is located at 1500 Kansas Ave. Assistance is provided from 8:30 a.m. to 3:00 p.m., Monday through Friday. Ask to speak to an Employment Specialist. After you have registered, you can access other services. Call 303-651-1510.

# Resource Information, Programs and Services

## **COUNSELING**

**Individual and Family Counseling** - Up to eight, free, confidential, brief therapy sessions are available for older adults 55+ seeking emotional support regarding such things as life transitions, relationships, grief, caregiving, etc. Family members or friends caring for an older adult may also utilize this service as goals relate to the caregiving experience. Call Brandy at 303-651-8414 for an appointment.

**Senior to Senior** - Senior Services has experienced, trained peer counseling volunteers who can provide support and understanding from one senior to another. If you or someone you know could benefit from having a confidential support person to help sort things out, contact Brandy at 303-651-8414.

## **HOSPICE CARE**

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity and that our loved ones will receive the necessary support to allow us to do so.

Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

TRU CommunityCare (formerly Hospice of Boulder & Broomfield Counties) is the only non-profit agency providing hospice services in our county.

Information regarding all hospice providers, including those who service the Longmont area, may be found at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org). Click on Adult Home Health Care Services.

**TRU CommunityCare:** 303-449-7740

**Family Hospice:** 303-440-0205

**Front Range Hospice:** 303-957-3101

**Heartland Homecare and Hospice:** 303-926-1001

**Agape Hospice:** 720-252-3788

**Accent Care of Colorado:** 1-800-368-7137

**Halcyon Hospice and Transitional Care:** 970-535-0870

**Gentiva Hospice** 970-667-0057

## **FOOD**

### **Carry-Out Caravan**

**A free grocery shopping & delivery service.**

To enroll or find out more, call 303-443-1933 or visit [www.careconnectbc.org](http://www.careconnectbc.org)

### **Eldershare**

Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of \$1,245 per month for a family of one, \$1,681 for two. Call 303-652-3663 for an application and information.

### **Home-delivered Meals**

Meals on Wheels delivers meals to the homebound Monday-Friday.

Call 303-772-0540 one day in advance and for information on fees and menus.



### **Lunch at the Senior Center**

Meals are served Monday-Friday, 11:30 a.m. - noon.

Call 303-772-0540 for menus and fees. Reservations are not required.

## **Medicare Basics**

This class is held monthly for those who are just beginning Medicare. Call the Senior Center at 303-651-8411 or contact the front desk to sign up. Fall dates are listed page 26.

**Fall Off Lists** Tired of getting those calls from marketers and suspicious sales and fundraiser people? The following numbers come from the Community Protection Division of the District Attorney 20th Judicial District. Stop calls by doing the following:

**Federal Do Not Call list** – [www.donotcall.gov](http://www.donotcall.gov) or 1-888-382-1222

**Colorado Do Not Call list** – [www.ColoradoNoCall.com](http://www.ColoradoNoCall.com) or 1-800-309-7041



# Resource Information, Programs and Services

## FINANCIAL

### Medicare Counselor

Providing objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

**Prescription Help** Centura Health Links provides free assistance in finding the most reasonably priced solutions. Call 1-866-550-2752.

### Frauds and Scams

1. Boulder County District Attorney's Community Protection Division at 303-441-3700.
2. To report financial exploitation locally, call Adult Protection at 303-441-1000.
3. Denver District Attorney's Fraud Assistance Line at 720-874-8547.
4. Report financial exploitation online at [www.aarpelderwatch.org](http://www.aarpelderwatch.org) or by calling 1-800-222-4444 or the Longmont Police 303-651-8555.
5. Visit Longmont Public Safety, you can type in police scams in the search bar anywhere on the website or this is the link <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams>

### Reverse Mortgage Information

Call Boulder County Housing Authority at 720-564-2279.

### Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

**Tax Help** - Call Colorado Taxpayer Advocate Service at 303-603-4600.

### Medicare/Social Security

Medicare - [www.medicare.gov](http://www.medicare.gov) or 1-800-633-4227.  
Social Security - <http://ssa.gov/> or 1-800-772-1213.  
Boulder office hours: 9:00 a.m. - 3:30 p.m. M - F.  
4949 Pearl East Circle, Suite 101.

### Money Management Program

Our Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. Call Veronica to get assistance, 303-651-8716.

## HOUSING

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716.



### A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); click on Publications.

### Housing Rehabilitation Programs

The City offers these three programs for home improvement and access. Call Tracy DeFrancesco at 303-774-4445. Some programs require owner occupancy.

- **The General Rehab Program & Weatherization** makes repairs to bring your home up to code, correct health and safety issues or make your home more energy efficient.
- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces or water heaters.

## Longmont Parkinson's Support Group - Evening Discussion Series

**Dates:** Mondays, September 14, October 19, and November 16

**Time:** 6:00 - 7:00 p.m.

Join members of the Longmont Parkinson's Group for an evening session. Members will discuss recent events related to Parkinson's disease as well as research and review materials on the Internet. This group also features an online component via Google Hangouts for anyone who wants to participate in the evening session but is unable to travel to the Longmont Senior Center. For more information or to get an invitation to Google hangouts, contact Tom Hubner at 303-678-7089 or [thub321@yahoo.com](mailto:thub321@yahoo.com)

## *Resource Information, Programs and Services*

### **IN-HOME SERVICES**

**Audio Information Network of Colorado** - This volunteer-based service provides access to ink-based materials through broadcast and audio information for Colorado's blind, visually impaired, and print-handicapped individuals. Call 303-786-7777 for more information.

**Book Delivery Service** - Longmont Library has a service of delivering books to homebound persons. If you or someone you know is interested in receiving books or being a volunteer to deliver books, please call Debbie Puzo at 303-651-8795.

**Fix-It Folks** - Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call CareConnect at 303-443-1933 ext. 414.

**Staying Home** - a guide to resources to support staying in your home, apartment, or with others. This guide will replace the Home Health Care Guide with information on a wide variety of resources, including home care, transportation, nutrition, and others—all to assist a person in remaining in their home. [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), click on Publications or ask at the Senior Center front desk.

**Home & Community Based Services** - For individuals needing assistance to remain in their homes or assisted living and who are nursing home eligible. Call Adult Care Management at 303-439-7011.

### **SAFETY**

**Personal Locator System - Colorado Life Trak** is a personal locator system operated by the Boulder County Sheriff's office and local law enforcement. Individuals with a propensity to wander and unable to communicate personal information wear a wristband that can be tracked electronically when the need arises. Applications available at the Senior Center front desk or download from <http://www.bouldercounty.org/sheriff/lifetrak.htm>. Call 303-441-3673 for more information.

**Longmont Fire Department Smoke Detector Program** - Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call Karon at 303-651-8437 for more information.

**Frauds and Scams** - See page R3 for more information. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams> for more local information.

**Report Elder Abuse** - The County's Adult Protection Unit responds to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1000 x1.

**Longmont Police** - The Longmont Police provide information on identity theft on the Public Safety pages at [www.longmontcolorado.gov](http://www.longmontcolorado.gov)

### **File of Life**

If you are home alone and suddenly become ill, how would the paramedics know your specific medical needs and who to call for you? If you are in a car accident and unconscious, how would the emergency responders know about your allergies and medical status? You can prepare yourself for these medical emergencies by posting the File of Life prominently on your refrigerator. First responders are trained to look for this information there. Also, consider carrying the File of Life in your car and in your wallet or purse. This handy, concise card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards from Boulder County CareConnect, 303-443-1933. [www.careconnectbc.org](http://www.careconnectbc.org), or at the Senior Center.

# Resource Information, Programs and Services

## LEGAL

### Legal Aid -Boulder County

Legal Services is available to assist those Boulder County residents 60+ with legal issues.

For appointments, call 303-449-7575

or visit their website [www.ColoradoLegalServices.org](http://www.ColoradoLegalServices.org)



### AARP Legal Services Network (LSN)

Members are entitled to a free 30-minute legal consultation with an attorney who meets AARP LSN standards. Additional services are provided at reduced rates. Call 1-888-687-2277 or online at [www.aarp.org/LSN](http://www.aarp.org/LSN) for more information.

**Victim Advocate** - This individual works with the Police Department to serve the needs of people who have been victims of a crime in Longmont. Call 303-651-8855 for more information.

**Advance Planning** - Contact Peggy Arnold, M.A., AgeWell Coordinator, at 303-651-5080 to discuss advance medical directives, such as the living will, medical power of attorney, Five Wishes documents, and ethical wills or legacy stories.

**Rocky Mountain Legal Center** - a non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available - 720-839-0716.



## SUPPORT GROUPS

*(the following groups meet at the Senior Center or if elsewhere it is noted)*

### Adjusting to Life's Changes

Thursdays, October 8 – December 3, 4:00 – 6:00 p.m.

A support group for loss and change.

Contact: Brandy, 303-651-8414

### Alcoholics Anonymous (open meetings)

Tuesdays, 7:30 - 8:30 p.m. Triple S Group

### Caregivers

1st Monday, 6:00 - 7:30 p.m. or

2nd Tuesday, noon - 1:30 p.m. (Focus on dementia)

Resource information and support for family caregivers. Contact: Brandy, 303-651-8414

### Chronic Pain Support Group

1st Tuesday, Longmont Senior Center

3rd Saturday, Longmont United Hospital

Time: 1:00 – 3:00 p.m.

See page 34 for additional information.

### Grandparents

#### Raising Grandkids

1st Monday, 6:00 - 7:30 p.m.

Call Rebecca Trego at 303-441-1106

### Grief Support Group

Mondays, October 19 – December 7, 3:00 – 5:00 p.m.

Contact: Brandy, 303-651-8414

### Loss of a Pet: Grief Support Group

Thursdays, October 8 – 29, 4:00 – 6:00 p.m.

Contact: Brandy, 303-651-8414

### Low Vision

2nd Friday, 10:30 - 11:30 a.m.

Contact: Lisa Nelson, 720-308-3087

### Multiple Sclerosis Group

2nd Monday Self Help Group: 6:00 – 7:30 p.m.

Call 970-482-5016

### Parkinson's

*Meets at Longs Peak United Methodist Church*

*1421 Elmhurst St., Longmont*

2nd Wednesday, 10:00 - 11:30 a.m.

Contact: Tom Hubner 303-678-7089 or Parkinson's Association at 303-830-1839

### Rainbow Elders of Boulder County

A social and support

group for 55+ lesbian,

gay, bisexual and transgender people. Call the

LGBT Program Specialist at Boulder County Area

Agency on Aging 303-441-3583, or [infoLGBTelders@](mailto:infoLGBTelders@bouldercounty.org)

[bouldercounty.org](http://bouldercounty.org) -Confidentiality maintained.



### Widowers

2nd & 4th Tuesday, 7:00 - 8:30 p.m.

Contact: Dick Gormley at 303-776-8203

**For information about other support groups, call Brandy at 303-651-8414**



## Resource Information, Programs and Services

**Learn how to access local and regional transportation services and mobility options through a free telephone consultation with a mobility specialist from Via. Call 303-447-2848, press 1.**

### **TRANSPORTATION**

Via provides low-cost, door-to-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Same-day rides may be possible if space is available.



#### **To Schedule a ride:**

**New riders:** Call 303-447-2848, press 1 to register and schedule your first ride with Via.

**Current riders:** Call 303-447-9636, or go to [www.viacolorado.org](http://www.viacolorado.org) for information on how to request your ride on-line.

#### **Service within Longmont:**

Fares\*: \$2.00 one-way/\$4.00 round trip  
Monday-Friday: 7:30 a.m. to 5:00 p.m. and  
Sunday: 8:00 a.m. to 12:30 p.m.

#### **Service between Longmont & Boulder:**

Fares\*: \$4.00 one-way/\$8.00 round trip  
Monday-Friday: Call for trip times

#### **Service between Longmont & Louisville/Lafayette:**

Fares\*: \$4.00 one-way/\$8.00 round trip.  
Tuesdays: Call for trip times

*\* A fare increase is planned for January 1, 2016*

No-fare (free) or reduced-fare options are available for those who find these fares a hardship. Please call 303-447-2848, press 1 to request free or reduced fare.

### **OTHER SERVICES**

#### **Travel Training:**

1-on-1, comprehensive individual and group instruction prepares seniors and people with disabilities to safely and confidently use RTD and Call-n-Ride buses. Call 303-447-2848, ext. 1048 to learn more.

#### **Mobility Options:**

Numerous transportation options are available within Boulder County. Via's Customer and Community Services Coordinator can provide information and referrals, individualized travel plans, and help you or your family member identify transportation services that best meet your needs and circumstances. Call 303-447-2848, ext. 1047

### **Mileage Reimbursement Program**

Via's Family and Friends Program provides mileage reimbursement to riders for trips provided by family, friends, and neighbors. Qualifying rides include those trips within Via's service area which Via is unable to provide due to scheduling constraints or trips that occur outside Via's regular service hours/days such as trips to the Denver metro area for medical reasons. Medicaid eligible trips are not reimbursable. Riders must first be registered with Via and trips must be preauthorized by calling 303-447-9636. Learn more at [www.viacolorado.org](http://www.viacolorado.org)

### **Call-N-Ride (Longmont)**

For Longmont Call-n-Ride information, to schedule a ride, or to register as a new rider call 303-994-3551 or 303-994-3552. Once you are registered as a rider you can also schedule your rides on line [www.rtd-denver.com](http://www.rtd-denver.com). Reservations may be requested up to two weeks in advance. Rides are scheduled on a first come-first served basis. For more information regarding Call-n-Ride or RTD bus routes call 303-299-6000.

### **Medical Mobility- Boulder County**

Medical Mobility is a volunteer driver program that provides escorted rides for ambulatory older adults to medical appointments. Volunteers use their own vehicles to pick up clients from their home and wait at the appointment to take the client back home. Drivers can also stop by pharmacies to pick up prescriptions along the way. Services are provided at no cost for those who cannot pay through donations from those who can. Request Medical Mobility services by enrolling in the program on the Boulder County CareConnect website ([www.careconnectbc.org](http://www.careconnectbc.org)) or call (303) 443-1933 ext. 414.

### **Berthoud Area Transportation**

For transportation in Berthoud and to connect with the new volunteer service, call 970-532-3042.

### **RTD Special Discount Card**

To obtain reduced bus fares, disabled individuals may obtain an RTD Special Discount Card at the Senior Center on the 2nd Monday of each month between 3:00 - 4:00 p.m. Please bring proof of your disability, \$2.00 and a photo ID. For additional information, call 303-299-2667.

# Resource Information, Programs and Services

## Telephone Referral Sheet

AARP (Colorado Office)	1-866-554-5376	Medicare Counselor	303-441-1546
AARP Legal Services	1-888-687-2277	Mental Health Partners	303-413-6263
ACMI - Nursing Home Diversion (HCBS)	303-439-7011	Mental Health Crisis Line 24/7	303-447-1665
Adult Day Care - Homestead	303-772-9152	Nursing Home Monitoring	303-441-1173
Adult Protection (Report Elder Abuse)	303-441-1309	OUR Center	303-772-5529
AgeWell (Located at the Senior Center)	303-651-5080	Parkinson's Association of the Rockies	303-830-1839
Alzheimer's Assoc. 24-Hr Helpline	1-800-864-4404	Peer Counseling - Longmont	303-651-8414
ARCH Information & Referral	303-441-1617	Poison - Rocky Mt. Poison Control	1-800-332-3073
Arthritis Foundation	303-756-8622	Police, Longmont non-emergency	303-651-8501
Audio Information Network	303-786-7777	Reverse Mortgages - Boulder County	303-441-1544
Better Business Bureau	303-327-4500	Rocky Mountain Legal Center	720-839-0716
Boulder County CareConnect	303-443-1933	Safe Shelter (was Longmont Coalition)	303-772-0432
Center For People With Disabilities	303-772-3250	Salud Clinic	303-776-3250
Colorado Division of Insurance	303-894-7499	Senior Centers in the area	
Colorado Life Trak	303-441-3646	Berthoud	970-532-2730
Colorado No-Call Program	1-800-309-7041	Boulder (East)	303-441-4150
Colorado Talking Books Library	303-727-9277	Boulder (West)	303-441-3148
Community Protection (Boulder County)	303-441-3700	Lafayette	303-665-9052
Dental Aid-Longmont	303-682-2619	Longmont	303-651-8411
El Comité	303-651-6125	Louisville	303-666-7400
Elder Care National Locator	1-800-677-1116	Loveland	970-962-2783
Elder Watch Fraud Hotline	1-800-222-4444	Niwot Area Senior Resources	303-652-3850
Employment, Workforce Boulder County	303-651-1510	Senior Opportunity Source	303-527-0627
Foot Care Clinic	303-651-5224	Senior Reach	1-866-217-5808
Food Programs		Social Security	1-800-772-1213
- Carry Out Caravan	303-443-1933 x416	Social Services (BOCO HHS)	303-678-6000
- Eldershare	303-652-1307	Stroke - Rocky Mt. Association	303-730-8800
- Meals on Wheels	303-772-0540	Suicide Prevention - Metro Crisis Line	1-888-885-1222
- Share Colorado	1-800-933-7427	Transportation	
Fraud - Attorney General Hotline	1-800-222-4444	Access-A-Ride	303-292-6560
Grandparents Raising Grandchildren	303-651-8414	RTD	303-299-6000
Health Center of Integrated Therapies	303-651-5188	RTD Call-n-Ride (East)	303-994-3552
Health Department, Longmont	303-678-6166	RTD Call-n-Ride (West)	303-994-3551
Housing: Longmont Housing Authority	303-651-8581	Via	303-447-9636
Legal Services of Boulder County	303-449-7575	TRU CommunityCare	303-449-7740
Legal Services AARP	1-888-687-2277	24-Hour Mental Health Crisis Line	303-447-1665
Lifeline	303-441-2200	Veterans Helping Veterans Now	303-772-9777
Loan Closet Medical Equipment		Veteran Services - Longmont	303-776-8502
American Legion	303-776-2034	Victim Advocate - Police	303-651-8855
Elks	303-776-1055	Weatherization	720-864-6401
Moose	303-776-4911		
VFW	303-776-8590		
Longmont Ending Violence (LEVI)	303-774-4534		
Longmont United Hospital	303-651-5111		
Long Term Care Ombudsman	303-441-1173		
Low Income Energy Program (LEAP)	303-678-6023		
Low Vision Group - Longmont	720-308-3087		
Medicaid (BCDHH)	303-678-6000		
Medicare	1-800-623-4227		



**www.bouldercountyhelp.org**  
**303-441-1617**

# Resource Information, Programs and Services

Para más información sobre recursos para Personas de la Tercer edad en la Internet  
vea la página de red [www.BoulderCountyAyuda.org](http://www.BoulderCountyAyuda.org)

## El Grupo de Conversación en Español

Este grupo le gustaría personas para que ayude al grupo a practicar el español.

**Viernes 1:30-3:00 p.m.**

## Películas en Español

Tres películas se presentan cada mes. Las películas empiezan a la 1:30 p.m. Son gratis por favor regístrese.

**Tiempo: 1:30 – 3:30 p.m.**

Costo: GRATIS, pero por favor regístrese con Ana 303-651-8411

## 7 Soles

#484432.04 de Actividad

**Fecha: Jueves, 17 de septiembre**

Negro hace saber que este trabajo de contrabando será su última. Pero la decisión de sus sospechosos superiores a mandar un joven traficante junto con él, engendra tragedia. El drama está basado en historias reales de los que sobrevivieron el viaje por la "carretera del diablo". (2008, NR, 87 min.)

## Bajo la Misma Luna

# 484432.05 de Actividad

**Fecha: Jueves, 22 de octubre**

Este cuento ilumina las situaciones difíciles de los inmigrantes ilegales. Rosario, una mujer que trabaja ilegalmente en los Estados Unidos para proporcionar una vida mejor para su hijo Carlitos, que permanece en su casa en México. Carlitos viaja de fugitivo en una camioneta que se dirige hacia la frontera. Pero un viaje ya traicionero se vuelve aún más cuando Carlitos se separa de sus contrabandistas. (2007, PG-13, 109 min.)

## Instrucciones No Incluidas

# 484432.06 de Actividad

**Fecha: Jueves, 19 de noviembre**

Cuando un Acapulco playboy, Valentín, encuentra una niña en su puerta, él se marcha al otro lado de la frontera para localizar a la madre del bebé. Pero cuando esta difícil encontrar a la mamá, Valentín inesperadamente comienza a desarrollar sentimientos por la pequeña. (2013, PG-13, 115 min.)

## Final de la vida

Para programas sobre el tema  
"final de la vida" vea la pagina 23.

## El Arte de Cuidar

**Fechas: martes, 15 y 22 de septiembre**

**Tiempo: 3:00 – 5:00 p.m.**

Costo: GRATIS, pero por favor regístrese con Ana 303-651-8411

El Arte de Cuidar es un DVD de 2 horas sobre la capacitación y atención de Alzheimer/Demencia. Teepa Snow es una especialista aclamada a nivel nacional sobre la enfermedad de Alzheimer y demencia. muestra enfoques eficaces para bañarse, comer, vestirse, moverse y sobre cómo responder a ciertos tipos de conductas en pacientes con demencia. Estas sesiones serán facilitada por Marissa Volpe.

## Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Si necesita ayuda o para una cita llame al 303-678-6113. Si le gustaría hablar directamente con Guio Bravo (consejera de Medicare) puede venir al Centro (Senior Center) cada lunes (excepto el tercer lunes del mes) entre la 1:00 y 2:00 p.m., una cita no es necesaria.

## ¿Necesita Ayuda con su Calefacción?

#484510.15 de Actividad

**Fecha: Jueves, 5 de noviembre**

**Tiempo: 10:00 – 11:30 a.m.**

Costo: GRATIS, pero por favor regístrese con Ana 303-651-8411

¿Su cuenta de la calefacción esta fuera de control? Es hora que descubra si es elegible para el siguiente programa. Habrá representantes de LEAP que harán una presentación de 15 minutos. Pida en la ventanilla de información una lista de articulas que necesitara traer para terminar el formulario de los programas antes de la presentación.

## Fiesta de Carnaval

#483001.15 de Actividad

**Fecha: viernes, 18 de Septiembre**

**Tiempo: 6:00 – 9:00 p.m.**

Costo: GRATIS, pero por favor regístrese con Ana ¡Venga uno, vengan todos, al mejor espectáculo del mundo, el Carnaval! Acompañenos en la celebración de una noche de diversión, comida y entretenimiento. Nuestra fiesta anual incluye actuaciones de "Bailes de Mi Tierra" y mucho más. No se olvide de traer sus zapatos de baile, vestuario brillante y un plato para compartir. Invite a su familia y amigos para celebrar junto a personas de diferentes culturas. Para más información contacte a Ana al 303-651-8411.





# About The Senior Center



## Other Sources of Information

### Via the internet

at [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

**KGUD 90.7** – listener-supported community radio, playing music with you in mind. The AARP show, called “Prime Time,” is heard every Saturday at 7:00 a.m. “Senior Moments” hosts an interview with a Senior Services staff person on Saturdays at 8:00 a.m., giving information on upcoming events and activities at the Longmont Senior Center. Listen to “K-Good” throughout the week for updates and service announcements from the Senior Center.

**Daily Times-Call Regular Columns** - thanks to the *Times-Call* for generously supporting this regular news information piece: **55 & Better** column every other Saturday.

### 50+ Marketplace News

available at the Senior Center monthly.

### Longmont e-ALERT

### Longmont eAlerts

This is an e-mail alert system from the City of Longmont for community members to receive brief notices on various topics: Longmont government news, Adults 55+, City Council News, Environment, Golf, Jobs, and Community Programs and Events. You can receive information via e-mail, phone, cell, or fax. Visit [www.longmontcolorado.gov/online-services/e-notification-subscription](http://www.longmontcolorado.gov/online-services/e-notification-subscription) to sign up.

**Longmont Channel 8** - (Government Access Channel) or Comcast Cable Channel 16.

### Information and More ...

Off of the lobby, there is a small room that contains current magazines, information on Senior Center programs, and a place to hang your coat. Near the dining room there are a number of free publications available for pickup in the magazine rack

### Room Temperatures

The room temperatures can vary in the building. You might consider bringing a sweater if you are going to be here for a while.

### Handicap Parking

Please remember to always display your handicap placard when parking in one of these spaces.

## GO Subscription Form - 2015

If you would like the convenience of having the next issue of **The GO** catalog mailed to you, please complete this form and return it to the Senior Center. Please enclose a check made payable to the City of Longmont in the amount of \$1.00 for residents, \$2.00 for non-residents.

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_



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**Division of Senior Services**  
Longmont Senior Center  
910 Longs Peak Avenue  
Longmont, CO 80501

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RETURN SERVICE REQUESTED

# LONGMONT SENIOR SERVICES OPEN HOUSE



We invite you to explore the  
Senior Center, learn about the services  
available and enjoy some light refreshments!

- WHO** Adults 50+ and their family members.
- WHEN** **Saturday, September 26, 2015**  
**10:00a.m. - 12:00p.m.**
- WHERE** Longmont Senior Center  
910 Longs Peak Avenue

